

A
C L O S E T
for L A D I E S and
G E N T L E W O M E N.
O R,

The Art of Preserving,
Conſerving, and
Candying.

*With the manner how to
make diuerſe kindes of Sy-
rupes: and all kinde of
vanquering ſuffers.*

Alſo diuers ſoveraigne Medi-
cines and Sa'ues for ſundry
Diſeaſes.

L O N D O N

Printed for Arthur Iohnſon,
dwelling neare the great
North dore of Paules.

1611.

C. E. O. S. E. T.

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¶ *An especiall Note of*
C O N F E C T I O N A R Y .

To preserve Pippins red.



TAke your best coloured Pippins, and pare them, the take a percer, and bore a hole through them, then make syrupe for the, as much as will cover them, & so let them boyle in a broad preserving pance: put into them a peece of Cynamon stick, & so let them boyle close covered very leasurely, turning them very often, for if you turne them not very often they will spot. and the one side will not be like the o-
A 2 ther,

A Closet for Ladies,
ther, and let them thus boile vntill
they begin to gelly, then take them
vp & pot them, and you may keepe
them all the yeare.

To preserue Pippins white.

TAke faire large pippins, and af-
ter Candlemas pare them, and
bore a hole through them, as you
did for the red ones, then make a
weake syrupe for them, and so let
them boile till they be tender, then
take them vp, & boil your syrupe a
little higher, then put them vp in a
Gallie pot, and let them stand all
night, & the next morning the Sy-
rupe will be somewhat weaker, then
boile the syrupe againe to his full
thicknesse, and so pot them, and
you may keepe them all the yeare.
If you please to haue them tast a
pleasant tast more then the naturall
pippin, put in one graine of muske,
and one droppe of the Chymicall
oile of Cinamon, and that will
make

and Gentlemen.

make them taste a more pleasant taste.

To preserve Pippins green.

Take Pippins when they be small and greene of the tree, and pare three or foure of the worst, and cut them all to peeces, then boile them in a quart of faire water till they be pap, then let the liquor come from them as you doe from your Quodiniacke into a bason, then put into them one pound of sugar clarified, and put into this as many green pippins vnpared as that liquor will cover and so let them boile safely, and when you see they be boiled as tender as a quodling, then take the vp, and pill of the outermost white skin, and then your pippins wil be green, then boile ihem in your syrupe again, till the syrupe be thick: and so you may keepe them all the yeare.

To preserve Apricockes.

TAke a pound of Apricockes, & a pound of sugar, & clarifie your sugar with a pint of water, & when your sugar is made perfect, put it into a preserving-pan, and put your Apricockes into it, and so let them boyle gently, and when they bee boyled inough, and your syrupe thicke, pot them, and so keep them. In like maner you may preserve a peate-plum.

To preserve Mirabolans or Malacodonians.

TAke your Malacodonians and stone them, & perboile them in water, then pil of the outward skin of them, they wil boile as long as a peece of beef, & therfore you need not feare the breaking of them, & when they be boyled tender, make syrupe for them, & preserve them
as

and Gentlewomen.

as you do any other thing, and so
you may keepe them all the yeare.

To preserve Pomcitrons.

TAke your Pomcitrons one
pound and a halfe, and cut them
some in halfes, some in quarters, &
take the meat out of them, & boile
them tender in faire water, then
take two poundes of sugar being
clarified, & make syrupe for them,
and let the boyle in syrupe a quar-
ter of an houre very gently, then
take them vp, and let your syrupe
boyle till it be thicke, and then put
in your pomcitrons, and you may
keepe them all the yeare. If you
please you may pare some of them,
for some delight the skin, & some
pared.

To preserve Cherries.

TAke of the best and fayrest che-
ries some two pound, & with a
paire of sheeres clipp of the stalkes

by the midst, the wash them clean,
and beware you bruise them not,
then take of fine Barbarie sugar,
and set it over the fire with a quart
of faire water in the brodest vessell
you can get, & let it seeth till it bee
somewhat thicke, then put in your
Cheries & stir them together with
a silver spoon, & so let them boyle,
alwaies scumming & turning them
very gently, that the one side may
be like the other, vntill they be in-
ough, the which to know, you must
take vp some of the syrup with one
Cherie and so let it coole, and if it
will scarfe run out it is inough and
thus being cold, you may put them
vp, and keepe them all the yee.

To preserve red roses leaues.

TAke of the leaues of the fayrest
buds half a pound, sift the clean
from seeds, then take a quart of fair
water, & put it in an earthe pipkin,
and

and Gentlemen.

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and set it over the fire vntill it bee scalding hote, & then make a good many of other red rose leaues, and put them into the scalding water, vntil they begin to look white, and then strain them, & thus doe vntil the water looke very red: then take a pound of refined sugar, and beate it fine, and put it into the liquor with halfe a pound of Rose leaues, & let them seeth together till they be inough, the which to know, is by taking some of them vppe in a spoone, as you do your Cheries, & so when they be thorow cold, put them vp, and keep them very close.

To preserue Oranges & Lymonds.

Take your Oranges & Lymonds large and well coloured, & take a raspe of steele, & raspe the outward rind from them, then lay the in water three dayes, and three nightes, then boile them tender
and

and shift the in the boyling to take away their bitterneſſe, and when they be boyled tenderly, take two pound of ſugar clarified with a pint of water, and when your ſyrup is made and betwixt hote and cold, put in your Lymonds & Oranges, and there let them bee infused all night, the next morning let them boyle two or three walmes in your ſyrup, let them not boil too long in the ſugar, becauſe the rinds will be tough, take your Lymonds out and boile your ſyrup thicker, and ſo when it is cold, put them vp, and keepe them all the yeares

To preſerue Quinces.

TAke your Quinces 2 pound, & core them, & then perboyle the & pil off the outermoſt whit ſkin, & then weigh them, and put them into clarified ſugar one pound, and then boil them cloſlie covered vp
a very

and Gentlewomen.

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a very gentle fire, putting vnto the
a sticke or two of good Cinamon,
cut into small peeces, and so stirre
them continually, that they may be
well coloured on every side: and
whē the syrup is com to the height
of a perfect gelly, take them off the
fire, & so keepe them for the high-
er your syrup is, the better wil your
quinces keepe.

To preserve Peaches.

TAKE a pound of your fairest &
best coloured Peaches & with
a wet linen cloth wipe of the whit
hoare of them, then perboile them
in halfe a pint of white wine, and
a pint and a halfe of running wa-
ter, and being perpoiled, pill off the
white skinnē off them, and then
weigh them, take to your pound of
Peaches, three quarters of a
pound of refined sugar, and dis-
solue it in a quarter of a pint of
white wine, and boile it almost to
the

10 *A Closet Ladies, for*
the height of a Syrupe & then put
in your Peaches, and let them boile
in the syrupe a quarter of an houre
or more if need should require, and
then put them vp, and keepe them
all the yeare.

To preserve Eringus rootes.

TAKE your Eringus rootes faire
and not knottie, one pound, and
wash them cleane & when they be
washed, set them on the fire, and
boile them very tender, pill off the
outermost skinne of them, but see
you breake them not, and as you
pare them, put the into cold water
and let them remaine there til al be
finished, & then you must take to e-
very pound of roots three quarters
of a pound of clarified sugar, and
boile it almost vnto the height of
a syrup, and then put in your roots,
but look that they boile very gently
together, with as little stirring as
may

and Gentlewomen.

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may be for feare of breaking, vntill they be inough. and when they be cold, put them vp, & so keepe them.

To preserve Barberies.

TAke your barberies verie fair & well coloured and picke out euerie stone of them, & then weigh them, & to everie ounce of barberies, you must take three ounces of hard sugar, and with half an ounce of the pulpe of barberies, and one ounce of red rose water, you must dissolue your sugar, and then boile it to a syrupe, being so boyled put in your Barberies, and let them boile a quarter of an howre, & then take them vp, & as soon as they beginne to wax coole put them vp, & they will keep their colour all the yeare.

To preserve Goof-beries.

TAke of your large Beries, but not throughlie ripe, and picke off all the staulkes from them,
and

and wash them clean, take a pound of them and set them on the fire, till they be hot, and the take them off, and let the liquor run from the, then take ten ounces of hard sugar, & foure ounces of Sugar Candie, and clarifie it with a pint of water, and the white of an egge, & boyle it to a thicke syrupe, and then put in your Goose berries, and let them boyle one walme or two, and so betwixt hote and cold, put them vp, and keepe them all the yeare.

To preserve Damsons.

TAKE of your Damsons large and well coloured, but not thorough ripe, for then they will breake, and picke them cleane and wipe them one by one, then weigh them, and to every pound of damsons, you must take a pound of barbery sugar white & good, & dissolved in halfe a pint or more of water, & boile it almost
to

and Gentlewomen.

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to the height of a syrupe, and then put in your damsons, keeping them with continuall scumming, & stirring, and that with a silver spoone, and so let them boile vntill they be inough vpon a gentle fire, & when they be inough, take them vp, and keepe them all the yeare.

To preserue Raspises.

TAke of your fairest and wel coloured Raspises, & pick of their stalks very clane, then wash them, but in any case see that you bruisse them not, then weigh them, & to every pound of Raspises you must take sixe ounces of hard sugar, and 6. ounces of Sugar-candy, and clarify it with halfe a pint of faire water, & four ounces of iuice of Raspises being clarified, boyle it to a weak syrupe, & then put in your Raspises, stirring them vp & down, & so let them boile vntill they bee inough:

A Closet for Ladies,
inough, that is vsing them as your
Cherries, and so may you keepe
them all the yeare.

To preserue Enula Campana roots.

TAKE of your Enula Campana
roots, and wash them scrape
them very cleane, & cut them thinn
vnto the pith, the length of your
little finger, and as you cut them,
put them into water, and let them
lie in water thirty dayes, shifting
them twice every day to take away
their bitternesse weigh them, and
to every pound of roots, you must
take 12. ounces of clarified sugar,
first boyling your rootes as tender
as a chicken, and then put them in-
to your clarified sugar, and let them
boile vpon a gentle fire vntill they
be inough: and so let them stand off
the fire a good while, and betwixt
hot and cold put them vp to your
vse.

To

To preserve Saterion rootes.

Ake your Saterion rootes, and picke out the faire ones, & keep them by themselves, then wash the and boile them vpon a gentle fire, as tender as a quodling, then take the off and pare off the blackest skinne of them, and put them as you pare them into faire water, and so let them remaine one night, and then weigh them, & to every pound of roots, you must take xi. ounces of clarified sugar, and boyle it almost to the height of a syrupe, and then put in your rootes, but take heede they boyle not too long, for then they will grow hard and tough, & therefore when they bee boiled enough, take them off, & set them a cooling, and so keepe them according to the rest.

Here endeth the Preservations.

B

To

To make Manus Christi.

TAke halfe a pound of refined Sugar, and some Rose water, and boyle them together till it come to sugar againe, then stir it about while it bee somewhat cold, then take your leafe gold, and mingle with it, then cast it according to art, That is, in round gobbets, & so keepe them.

To candy Ginger.

TAke very faire and large ginger, and pare it, and then lay it in water a day and a night, the take your double refined sugar, and boyl it to the height of Sugar againe, then when your sugar beginneth to bee cold take your Ginger, and stirre it wel about while your sugar is hard to the pan, then lake it out race by race, and lay it by the fire for four
howres

and Gentlewomen.

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houres, then take a pot and warme it, and put the Ginger in it, then tie it very close, & every second morning stir it about roundly, & it will be rocke candied in a very short space.

*To Candy rose leaues as naturallie,
as if they grew upon the trees.*

TAKE of the fayrest rose leaues, red or damaske, and on a Sun-shine day sprinkle them with rose water and lay them one by one vpon faire paper, then take some double refined sugar, and beat it very fine, & put it in a fine lawn searce, when you haue laid abroad all the Rose leaues in the hottest of the sun, searce sugar thinly all over the, then anone the Sun will candy the sugar then turne the leaues, and searce sugar on the other side, and turne them often in the sun, sometimes sprinkling Rose water, and somtimes searcing sugar on the, vntil they be inough, and come to

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*your

A Closet for Ladies,
your liking, and being thus done,
you may keepe them.

*To Candy Marigolds in wedges, the
Spanish fashion.*

TAke of the fayre yellow mari-
gold flowers, two ounces, and
fhred them and drie them before
the fire, then take foure ounces of
fugar and boile it to the height of
Manus Christi, then poure it vpon
a wet pie-plate, and betwixt hote
and cold cut it into wedges, then
lay them on a sheete of white pa-
per, and put them in a stoue.

*To Candie ali manner of flowers in
their naturall colours.*

TAke the flowers with the stalks
and wash them over with a litle
Rose-water, wherein Gum-arabeck
is dissolved, the take fine searsed fu-
gar, and dust over them, & set them
a dry.

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a drying on the bottome of a siue in an oven, and they will glister, as if it were sugar-candy.

To Candy all sorts of flowers, fruits, and spices, the cleere rocke candy.

TAke two pound of barbary Sugar, great grained, clarified with the whites of two eggs, and boyle it almost as liue as for Manus Christi, then put it into a Pipkin that is not very rough, then put in your flowers, fruites, and spices, and so put your Pipkin into a still, and make a small fire of small coals vnder it, and in the space of twelue dayes, it will be rocke candied.

To Candy Eringus roots.

TAke your Eringus ready to bee preserved, & weigh the, & to every pound of your roots, you must take of the purest sugar you can get

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two

two pound, and clarifie it with the whites of eggs exceeding well, that it may be as cleare as Christall: for then it will be very commendable: it being clarified, you must boile it to the height of Manus Christi, & then dip in your roots two or three at once, till they be all candied, and so put them in a Stow, and keepe them all the yeare.

To Candie Elecampane.

TAke of your fairest Enula Campana roots, & take them cleane from the syrupe, & wash the sugar off them, and drie them again with a linnen cloth, then weigh them, & to every pound of roots you must take a pound & three quarters of sugar and clarifie it well, & boile it to the height of Manus Christi, & when it is so boyled, dipp in your roots three or foure at once, and they will candie very well, and so stoue

and Gentlewomen. 21

stoue them, and keepe them all the
yeare.

To Candy Violet flowers.

TAKE of your Violet flowers
which are good and new, and
well coloured, and weigh them, to
every ounce of your violet flowers
you must take foure ounces of re-
fined sugar, which is very white and
faire grained, and dissolue it in two
ounces of faire running water, and
so boyle it, till it come to sugar a-
gaine, but you must scum it often,
lest it bee not cleare inough, and
when it is boyled to sugar againe,
then take it off, and let it coole, &
then put in your violet flowers,
stirring them together till the su-
gar grow hard to the pan: this don,
put them into a boxe, and keep the
in a stoue.

To Candy Goose-berries.

TAKE of your fairest berries, but they must not bee too ripe, for then they will not be so good, and with a linnen cloth wipe them very cleane, and picke off al the stalks from them and weigh them, & to every ounce of Berries, you must take two ounces of Sugar, & halfe an ounce of sugar candy, & dissolue them in an ounce or two of Rose-water, and so boyle them vp to the height of Manus Christi, & when it is come to his perfect height, let it coole, and put in your berries, for if you put them in hote, they will shrink, and so stir them in round with a wodden spatter, till they be candied, and thus put them vp, and keepe them.

To Candy Rosemary flowers.

TAKE of your rosemary flowers, ready pickt, & weigh them, to e.
very

and Gentlewomen.

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very ounce of flowers, you must take two onnces of hard sugar, and one ounce of sugar candy, and dissolue them in Rosemary flower water, and boile them till they come to sugar againe; which done, put in your Rosmary flowers, whē as your sugar is almost cold and so stirre them together, vntill they be inough, and then take them out & put them in a boxe. & keepe them to your vse in your stoue.

To Candy Borage flowers.

TAke your flowers, & pick them very cleane, & weigh them, and vse them in every respect, as you did your rose-mary flowers, saue this, that when they bee candied, you must set them in a still, and so keepe them in a sheete of white paper, putting every day a chafindish of coales into your Still, and it will be candied very excellently, and that in a short space.

Here endeth the sorts of Candyng.

To

To make Past of Pippins the
*Genna fashion, some with
leaves, some like plums, with
stalkes and stones in
them.*

TAke your Pippins, and pare
them, and cut them in quar-
ters, then boyle them in faire
water till they bee tender, then
straine them, and drie the pulpe v-
pon a chafindish of coales, then
weigh it, and take as much sugar as
it weigheth, and boyle it to manus
Christi, and put them together, the
fashion them vpon a Pie-plate,
and put it into an Oven, being
very sleightly heat, the next mor-
ning you may turne it, and put
them off the Plates vpon sheets of
paper vpon a hurdle, and so put
them into an oven of like heat, &
there let them remaine foure or
fue

and Gentlewomen.

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five dayes, putting every day a chafindish of coales into the oven, and when they bee thorow drie, you may boxe them, and keepe them all the yere.

To make Past of Eglantine of the colour of the red Corall.

TAKE your Eglantine Berries, otherwise called Hips & stampe them in a mortar with Gum-tragacant and Rosewater, then straine it thorow a strainer, then take half a pound of refined sugar beaten & searfed, and worke it vp into Past with this straining, then print it with your moulds, hen stoue it, & then guild them.

To make Past royall white.

TAKE a pound of refined sugar beaten & searfed, and put into an alabaster mortar, with an ounce of Gumtragacant steeped in rosewater,

ter, and if you see your past be too weak, put in more sugar, if too dry more gumme, with a drop or two of oyle of Cynamon. So that you never deceiue your self, to stand vpon quantities, beat it into perfect past, & then you may print it with your moulds, and when it is drie, guild it, and so keepe them.

To make Past royall in spices.

TAKE of Cinamon & Ginger, of each a like quantity being finely searsed, mingle it with your searsed sugar, and Gum-tragacant steeped in Rose-water, and worke it into Past, as you did your past royall white, and then you may turn it vpon stickes made of peeces of arrowes, and make them hollow like Cinamon stickes: in like sorte you may make it tast of what spices you please.

*To make Past of Genua the
true way.*

TAke two pound of the Pulpe of
Quinces, and as much of Pea-
ches, and straine it, and drie it in a
pewter platter vpon a chafindish of
coles, then weigh it, and take as
much sugar as it weighth, & boyl
it to the height of manus Christi,
and then put them together, and so
fashion it vpon a pie plate, & drie
it in an oven with a chafindish of
coales, vntill it bee thorough drie,
and then if it please you, you may
spot them with gold.

To make Past of Violets.

YOU must take of your Violetes,
which are ready picked & bruisse
the in an Alabaster or marble mor-
ter, & wring the iuyce from them
into a porringer, and put as much
hard

hard Sugar in fine powder as that iuyce will cover, drie it, and then powder it againe, and then take as much Gum-tragacant steeped in rose-water, as will bring this sugar into a perfect past, when it is perfect, take it vpp, and print it with your moulds, and so drie it in your stoue, and not by the fire for fear of danger, and when it is drie, guild it. It is a fine banqueting conceit.

To make past of Goose-beries.

TAke of your goos-beries, & cut them one by one, and wring the iuyce from them, till you haue gotten so much as you think wil serue your turne, boyle your iuyce a little, that it may bee thicker, then take as much double refined sugar, as your iuyce will sharpen, and dry it as you did for your Violets, and being drie, beate it very fine, and take as much Gumme-tragacant steeped in Redde rose water,

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as wil serue, and beat it into perfect
past in an Alabaster mortar, and
then take it vp, and print it wirth
your moulds, vsing it in every re-
spect as your past of Violets :

This is excellent good
for one that hath a
weake sto-
macke,



Here

Here beginneth Ban-
queting conceits, as mar-
malades, Quodiniacks, and
such like.

*To make Muscadine
Comfits.*

TAke halfe a pound of Muske su-
gar beaten and searfed, then
take Gum-tragacant, steeped in
Rose-water, and two graines of
Muske, & so beat them in an Ala-
baster mortar, till it com to perfect
past, then driue it very thinne with
a rowling pinn, and then cut it into
smal peeces like diamonds, som cut
with

and Gentlemen,

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with a rowle spoone on the sides :
being thus cut, stoue them, and so
keepe them all the yeare.

*To make Diarionium simplex of
Quinces.*

TAke of your Quinces, and pare
them, and cut them in peeces, &
boyle a pound of these peeces in a
quart of fayre water, till they bee
very soft : then let the liquor run
from them, then take a pound of
Sugarcandy, and beat it fine, & put
it into that liquor, and let it seeth
till you see it stand like gelly, then
take it from the fire, and put therein
foure droppes of oyle of Cynamō
and nutmegs, and then put in five
and twenty leaues of fine gold, &
stirre it together and so put it in
fine Christall Glasses, and keepe it
all the yeare.

To make fine Chryſtall Gelly.

TAKE a knuckle of veale, and 4 Calues feet, and ſet them on the fire with a gallon of faire water, & when the fleſh is boyled tender, take it out, then let the liquor ſtand ſtill vntill it be cold, the take away the top and the bottome of that liquor, and put the reſt into a cleane Pipkin, and put into it one pound of clarified ſugar, foure or five drops of oile of Cynamon and Nutmegs, a graine of muſke, and ſo let it boile a quarter of an howre leaſurely on the fire, then let it run through a gelly bagge into a baſon with the whites of two egges beaten, and when it is cold, you may cut it into lumpes with a ſpoone, and ſo ſerue three or foure lumpes vpon a plate.

To make white leach of creame.

TAke a pint of sweet creame, and fixe spoonefulles of Rose water and two graines of muske, 2 drops of oyle of mace, or one peece of large mace, and so let it boyle with foure ounces of Isinglasse: then let it runne downe through a gelly bagge, when it is cold, slice it like brawne, and so serue it out, this is the best way to make leach.

**To make a Walnut that whē
you cracke it, you shall find B-
kets and Carran eyes in it, or
a pritty poesie wratten.**

TAke a peece of your past royall white, being beaten with Gum-tragacant, and mixed with a little fine searsed Cynamon which will bring your past into a walnut

C 2

shell

shell colour, then driue it thin, and cut it into two peeces, and put the one peece into the one halfe of your mould, and the other into the other, then put what you please into the nut, & close the mould together, and so make three or foure walnuts.

To make Quodiniacke of plums.

TAke two pound of plummes, & put them into a posnet with a pound and a halfe of brasill suger clarified with a pint of faire water, & let it boyle till the plums breake, then take it off. & let your liquid substance run through a strainer, & then put it again into the posnet, & so let it boyle till it com to his thicnes, and then print it with your moulds, on what fashio you please.

To make Biskatello.

TAke two ounces of very fine suger, beaten and searfed, and put
into

and Gentlewomen.

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into it halfe a spoonful of Amidū,
That is, white starch, a graine of
Muske, then beate it into perfect
past with Gum tragacant steeped
in Rose water, then make it into
litle pretty loaves, the fashion of
manchetts, and so put a wafer in the
bottom of every one of them, and
bake them in a bakingpan, but take
heede your pan bee not hote, and
so specke them with gold, and so
boxe them. It is a very fine banquet-
ting conceit.

*To make a speciall sweete water to
perfume clothes in the foulding,
being washd.*

TAke a quart of Damaske rose
watet, & put it into a glasse, put
vnto it a handfull of Lavender
flowers, two ounces of Orris, a
dram of musk, the weight of foure
pence of amber greece, as much ci-
vet, foure drops of oyle of cloues,
stop this close and let it in the Sun

C 3

a fort-

a fortnight: put one spoonfull of this water into a bason of common water, and put it into a glasse, and so sprinkle your clothes therewith in your folding, the dregs left in the bottome (when the water is spent) will make as much more, if you keepe them, and put fresh rose water to it.

To make mosse powder.

TAke two pound of Mosse, of a sweet Apple tree, gathered betweene the two Lady dayes, and infuse it in a quart of damaske Rose water foure and twentie howres, then take it out and drie it in an oven vpon a siues bottome, & beat it to powder, put vnto it an ounce of lignū aloes, beaten and searsed, two ounces of Orris, a dramme of musk, half a dram of amber greece, a quarter of a dram of civet, put all these into a hote mortar & pestell, and beat them together, then searse them

and Gentlemen.

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them through a course haire searse,
and put it into a bagge, and lay it a-
mongst your clothes.

To make Aromaticum Lozenges.

TAke of fine sugar, half a pound,
boile it with red rose water, vn-
til it come to the height of Lozen-
ges, & in the cooling. put in of the
spices of Aromaticum rosarum, 4.
drams, with a little Confectio Al-
chermes, & so make them into Lo-
zenges, gilding them first, & then
cut the square with a knife for that
purpose, & when you guild them,
if your gilding will not sticke on,
wet them gently with a little rose
water, but not too much in any
case.

*To make a Marchpane, royce it, and
garn sh it after the Art of Consta-
making.*

TAke two pound of smal almonds
blanched, & beatē into perfect
past

C 4

Past, with a pound of sugar finely
 searfed, putting in now and then a
 spoonefull or two of Rose water, to
 keepe it from oyling, and when it
 is beaten to perfect past, rowle it
 thin and cut it round by a charger,
 then set an edge on it, as you do on
 a tart, then drie it in an oven, or a
 baking pann, then yce it with rose
 water and sugar, made as thicke as
 batter for fritters when it is ysed,
 garnish it with conceires, & sticke
 long comfits in it, and so guild it &
 serue it.

*To make all sortes of banqueting con-
 ceirs of March-pane stuffe, some
 like pyes, birds, baskets, and such
 like, & some to print with moulds.*

TAKE a pound of Almond past,
 made for the March-pane, and
 drie it on a Chafingdish of
 coales, till you see it wax white,
 than you may print some with
 moulds

and Gentlewomen.

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moulds, and make sorn with hands,
and so guild them, then stoue them
and you may keepe them all the
yeare. They be excellent good to
please children.

*To make all kind of birds and beastes
to stand on their legs in cast worke.*

TAKE Barbary sugar, clarifie it, &
boyle it to the height of Manus
Christi, then poure it into your
mouldes, they being seasoned as
for your Quodiniacke: let the stand
a quarter of an houre. and they will
be colde, and then you may take
them out, and guild them.

*To cast all manner of frutage holow
in turnd worke, and put them in
their colours, as Oranges, Tymonds
and such like.*

TAKE your suger, being boiled to
the height of Manus Christi &
put

put it into your Alabaſter moulds, being made of three peeces turn it round about in your hand, while it is hote, and when it is cold, take it out, and put them in their naturall colours.

To make Prince biſket bread.

TAKE a pou. of very fine flower, as much ſugar throughly ſearſed one ounce of annifeedes cleane pickt, take eight eggs, and a ſpoonfull of Muſcadine, and beat all into batter as thicke as for fritters, beate it thus in a bowl one howre, then put it into your coffins of plate or frames of wood, and ſet it in an oven, & let it remain there one howre, you may ſlice ſome of them, when they bee a day old, & drie them againe vpon a hurdle of wicker, you may alſo take one of your loaves, and waſh it over with the yolke of an egge beaten with a little Roſewater, and while it is Greene, caſt biſkets and carawaies
on

and Gentlemen.

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on it, and a litle white Candy, & it will shew as if it did haile on it, the spot it with gold, & giue to whom you please.

*To make the vsuall Bisket solde at
Comfitmakers.*

TAKE a pecke of flower, and foure ounces of coriander seede, one ounce of Anniseed, take three eggs, three spoonfuls of ale-yest, and as much warme water as will make it as thicke as past for manchets, make it in a long rowle, and bake it in an Oven one howre, & when it is a day old pare it, and slice it, sugar it with searfed sugar and put it again into the ouen. and when it is drie, take it out, and new sugar it again, and so boxe it and keepe it.

*To make an especiall sweet powder
for sweet bags.*

TAke of the purest Orris one pound. of red and damaske rose leaues of each two ounces, of Cloues three drams, coriander seed one dram Ciprus and Calamus of each halfe an ounce, Benzoin and Storax, of each three drams, beate them all saue the Benzoin and the Storax, and powder them by them selues and mixe it with the rest of the powder, then take of Muske & Civet, of each twenty graines, amber greece ten graines, mixe these with a little of the foresaide powder with a warme pestle, and so by little and little you may mixe it with all the rest, and so with Rose leaues dried you may put it vp into your sweet bags, and so keep them seaven yeares.

To

*To make an excellent Marmalate
which was given to Queen Mary
for a New-yeeres gift.*

TAke a pound & a halfe of suger,
boyle it with a pint of faire wa-
ter, till it come to the height of ma-
nus Christi, then take three or four
small Quinces one good Orange
pill, both very well preserved, and
finely beaten, & three ounces of al-
monds blanchd, & beaten by the-
selues. Eringus roots preserved, 2.
ounces and a halfe, stir these with
the suger till it will not sticke, and
then at the last put in of Muske, &
Amber, dissolved in rose water, of
each 4 graines, of Cinamon, Gin-
ger, Cloues & Mace, of each three
drams, of oyle of Cinamon two
drops, this being done, put it into
your Marmelate boxes, and so pre-
sent it to whome you please.

To

To make another sort of Marmelate
very comfortab'e and resto.ative
for any Lord or Lady whatsoeuer.

TAke of the purest green ginger
sixe drammes, of Eringus & Sa-
terion roots of each an ounce and
a halfe, beat these very finely, and
draw them with a silver spoone
thorow a haire searse, take of nut
kinnells and almonds blanch'd, of
each an ounce, Cockes stones halfe
an ounce, all steeped in hony 12.
howres, and then boyled in milk,
and beaten and mixed with the
rest, then powder the seedes of red
nettles, of rocket of ech one dram,
Plantane seeds halfe a dramme, of
the belly and backe of a fish cal-
led *Scincus marinus* three drams,
of Diasaterion foure ounces, of
Cantarides adde a dramme, beate
these very finely, and with the o-
ther ponder mixe it, and so with a
pound

and Gentlewomen.

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pound of fine sugar dissolved in rose water, and boyled to sugar againe, mingle the powder and all the rest of the things, putting in of leafe gold sixe leaues, of pearle prepared two drammes, oyle of Cynamon 6 drops, and being thus done & well dryed put it vp in your Marmelate boxes and guild it, and so vse it at your pleasure.

To make a. blaunch for any Ladies face.

TAKE of white Tarter 2. drams, Camphire one dramme, Coperas halfe a dramme, the whites of foure eggs, iuyce of two Lymonds, oyle of tarter 4. ounces, Plantane water as much, whit Mercury a pennyworth, bitter almonds 2 ounces, all must bee powred and mixed with the oyle and water, and then boyled vpon a gentle fire, & straine it, and so keepe it: the partie must rub her face with a scarlet cloth, & then

then over night wash her with it, & in the morning wash it off with brā and white wine.

To make printed Quodiniackes of Quinces a ruby colour.

TAKE two pound of Quinces, pared and cut in small peeces, and put them into a posnet with 3 pints of faire water, and so let the boyle till they be tender, then put into them a pound of sugar, and let it boyle till the fruit fall to the bottom of the pan, let the liquor runne through a strayner into a bason, & put it into a faire posnet, and let it boyle till it come to his colour & thicknes, then print it with your moulds, you shall know when it is ready to print, by rowling a litle vpon the backe of a spoon, & if you see it will stand and not run down print it, in like sort you may make your Quodiniacke of Pippins, your pippins will hold all the yeare.

*To make Quodiniacks of Raspises or
English Coriants.*

TAke Raspises ripe and well coloured, and put them in a dish, & put to them 4. spoonfuls of rose water, and mixe the together with the backe of a spoone, then wring the liquid substance through a linnen cloth, season it by your mouth with suger till it be sweete inough, then boyle it on a chafindish of coales in a dish, till it be ready to print, then print it in your mouldes and boxe it, and so keepe them.

Here endeth the conceits of Banquetting.

Your moulds must lie in water one night before you vse them, and an houre before you print with them, take them out of the water.

D

CORDIAL Waters.

Aqua Celestis.

TAke of Cynamon 6, ounces,
Cloues one dram, Nutmegs
one dram and a halfe, of Gin-
ger two drams and a halfe, of Gal-
lingale one dram and a halfe, Cu-
bebs two drammes, Calamus roots
one dramme, all brusen and kept in
a paper, the take of bettony & sage
flowers of each a handfull, Mariora,
Penneryall, of each halfe a hand-
full bruised likewise: then take of
these powders, of Aromaticum
Rosa-

and Gentlerwomen.

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Rosarum three drams, Diambræ
Diamargariton frigidum, Diamos-
cum dulce, of each a dram & a half,
you must put all these into a gallon
of spirit of wine and steepe them
three dayes and three nights, sha-
king them wel every day, and then
distil it your in Limbeck, and whē
it is distilled, you must hang half an
ounce of yellow Sanders, & twen-
ty graines of muske, & amber in it.

To make Cinnamon water.

TAke one pound of the best Cy-
namō you can get, bruisse it wel,
and put it into a gallon of the best
sacke, & infuse it three dayes and
three nights, and then distill it as
your Aqua cœlestis.

To make Doctor Stevens water.

TAke of rose leaues one dram, bo-
rage, buglosse, violets & rosina-

D 2

rie

50 *A Closet for Ladies,*
rie flowers, of ech a dram & a half,
Spignard a dramme, cinamon two
ounces, Ginger one ounce, cloues
& nutmegs of each half an ounce,
Cardamons a dram & a half, Gal-
lingale two drams, Cubebs a dra,
pepper 3. drams, Aniseeds, Carra-
way seeds, and Fennell, of each an
ounce. Lignum alloes half a dram,
Corall and Pearle in fine powder
of each one dram, bruisse these, &
put them in a pottle of Aqua vitæ,
& a quart of Sacke, vsing it in every
respect as your Aqua Czelestis.

To make Baume water.

TAke Baume, drie three ounces,
time, peneryal, of ech an ounce,
Cynamon foure ounces a dramme
of Cardomons, Graines halfe an
ounce, sweet fennel seeds an ounce,
nutmegs & Ginger, of ech a dram,
Galingale one ounce, Caliamus &
Cyprus, Cubebs and Pepper, of
each two drams, of Caper rootes
halfe

and Gentlewomen.

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half a dram, of diptamus one dram, bruise these things & put them to a pottle of sacke, and steepe them 24 hewres, and then vse it as the former waters.

Angelica water.

TAke Cardus drie a handful, Angelica rootes three ounces, of Mirh one dram, Nutmegs halfe an ounce, cynamon, ginger, of each 4 ounces, saffron one dram & a half, Cardamons, Cubebs, Galingale & pepper, of ech a quarter of an ounce, mace two drams, grains one dram, Lignum Aloes, Spicknard, Iuncus odoratus of each a dram, Sage, Borage, Buglosse, Violets, and Rosemary flowers, of each halfe a handfull: bruise these, and steepe them in a pottle of sacke 12. howres, and distill it as the rest.

Rosa Solis.

TAke Liquorish 8. ounces, Aniseed, caraway, of each an ounce, raysons stoned, Dates of each three ounces, nutmegs, ginger, cynamon,

D 3

Mace

Mace, of each halfe an ounce, Gal-
lingale a quarter of an ounce, Cu-
benbs one dram, Figs two ounces,
Sugar foure ounces, bruiſe theſe &
diſtill it with a gallon of Aqua vitæ
as the reſt, but when it is diſtilled,
you muſt colour it with the hearbe
Rosa ſolis, or elſe Alkanet root.

Wormwood-water.

TAke of wormwood two ounces
and a halfe, Sage, Betony, and
Rue, of each halfe a handfull, Roſe-
mary tops a handfull Cinamon 3,
ounces, Nutmegs halfe an ounce,
Cloues and mace of each halfe a
dram, Ginger an ounce, Gallin-
gal, Cubebs, and Spicknard, of each a
dram and a halfe, of Scordium
halfe a handfull, bruiſe theſe, and
put them into a pottle of Sacke, &
a pint of Aqua vitæ, and ſteep them
foure and wenty howres, and di-
ſtill them as the reſt.

Here

C Here beginneth
Conserues.

To make Marmelade of Quinces.

TAke your Quinces, and boyle them tender, then pare them and cut them to the coare, then draw the pulpe, that is the Quince through a hair searse, & weigh it, to every pound of pulp, take a poūd of clarified sugar, and boile them together till they come to a perfect colour putting to them in the boyling a little oyle of Cynamon, and when it is boyled inough, that it will not sticke to the pan, put it into your marmalade boxes. But your conserue must not bee boyled

A Closet for Ladies,
so high in any case, for then it will
not be so good.

*To make conserve of red & damaske
Roses.*

TAKE of the purest and best co-
loured buds you can get, & clip
off the whites from them, and to
every pound of leaues you must
take three pound of Barbarie sugar
and beat them together, till they be
very fine, and then with a wodden
spatter take it vp, & set it on the fire
till it bee through hote, and then
presently put it vp, and it will be of
an excellent colour.

To make Co-serue of Violets.

TAKE of your violet flowers, &
picke off all the blew flowers, &
keepe them & weigh them, & take
to every ounce of flowers 3. oun-
ces of refined sugar, & beate them
in an alablaster mortar, till they be
very fine, & then take them vp, and
put them into an earthen pipkin, &
let

and Gentlewomen.

set them vpon the fire vntill such time as they be through hote, and then take them off, and put them vp and keepe them.

To make pectoral rowles for the Cough.

TAke liquorish powder finely searsed one ounce, of the spices of Diatragacanthum frigidum two drams, of Gum-arabecke, & Tragacant in fine powder, of each a dram, white starch halie a dram, Aniseedes in fine powder one ounce mingle with the rest, then take of sugar fixe ounces, of Pennits an ounce and halfe, Sugar-candy one ounce powdered & mingled with the former powder, then take gum tragacant steeped in Rose-water, and beat it into past, and so make it into long rowler, and so drie them and keepe them.

To make Conserue of Borage flowers.

TAke of your Borage flowers wel colored, & picke the blacks from them,

them, then weigh them, to every ounce of flowers, you must take 3 ounces of sugar, and beat them together in an alabaster mortar with a wodden pestle vntil they be very fine, so that you cannot discern any sugar in lumps, then take them out and put the conserue into a pipkin, and heat it through hote, & having thus done, put them vp, & keepe them all the yeare.

To make Conserue of Rosemary flowers.

TAKE your Rosemary flowers, fresh and good, and picke them from the green tuske, weigh them, and take to every ounce of flowers three ounces of Sugar Candy, and beat them very fine, vsing the in every respect as you did your other conserues.

To make Conserue of Buglosse flowers.

TAKE your buglosse flowers, and picke the as you did your borage flowers

and Gentlewomen, 57

flowers, and then weigh them, and to every ounce of flowers, you must take 2. ounces of hard sugar and an ounce of Sugar Candy, and beate them together till they bee exceeding fine, & then set them on the fire to dissolue the sugar & when it is dissolved, & the conserue hot, put it vp, & keepe it all the yeare.

To make a Pomander.

TAKE of Beazon one dram and a halfe, of storax halfe a dram, of Lignum aloes in fine powder half a scruple, of Labdamum halfe an ounce, powder all these very fine, and searse them through laune & then take of muske a dram Amber greese ten grains, Civet ten grains, and dissolue them in a hote mortar with a little rose water, & so make them into a pomander putting in to it sixe graines of Civet.

To

*A Closet for Ladies,
To make Conserue of Barberies.*

TAke of your Barberies, which are very red and ripe, & picke them from the stalks, & then wash the, and put vnto them a prety deal of faire water, and set them on the fire in an earthen pan, and so scalde them, & being thoroughly scalded, pulpe them through a fine searce, and to every pound of pulpe, take a pound of powder sugar, & boile them till it be inough, that is, till it will cut like marmelade.

To make Conserue of Cichorie flowers

TAke of your Cichory flower new gathered, for if you let the lie but one howre or two at the most, they will loose their colour and doe you very little service, therefore weigh them presently, and to every ounce of flowers, you must take three ounces of double refined sugar, and beat them together in a mortar of Alabaster, and a wooden pestle vntill such
time

and Gentlewomen.

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time as they be throughly beaten, for the better the flowers and sugar be beaten, the better will your Conserue bee, let this alwayes bee for a generall rule, and being very well brayed, you must take them vp, and put it into a chafer cleane scoured, and set it on the fire, till it be throughly hote, and then take it off, and put it vp, and keepe it al the yeare.

To keep Cowcombers in pickle all the yeare.

TAKE 4. gallons of conduit water, and put ynto it three quartes of bay salt, two handfuls of Sage, one handfull offweete Mariorain, and foure handfuls of Dill, let these boyle till it come to 3 gallons, and then take it off & when it is almost cold, put in a hundreth of Cowcubers into that liquor. into a butter barrel, & keep the all the year, but look that alwaies the herbs lie vpo them

60 *A closet for Ladies,*
them, & thus done, it wil be a most
excellent sallet with oyle, vineger,
and pepper.

*An exceeding fine pill vsed for
the Gowte.*

TAke of Aloes 2. ounces, mastick
three drammes, Agricke half an
ounce, Ginger halfe a dramme, let
these be poudered very fine, then
take of the extraction of Rubarbe
three drams, & with white wine
let them bee incorporated into a
masse of pills, adding vnto them a
drop of oyle of cloves, & as much
of Nutmegs.

A medicine for the Gowte.

TAke of the slippes of stars to the
number of 4. and then take to
every slip foure snails, and put the
into an earthen pot, and sprinkle
foure or fise handfuls of salt vpon
them,

them, and then put to them Sage, Rue, wormwood and Hysoppe, of each foure handfuls, and so distill them, and when you haue distilled them put to them a quart of wine Vineger, wherin an ounce of whit Mercury is dissolved, and so bath the place infected with the goutte, and it will ease them presently.

To make syrupe of Pomcitrons.

TAke of Pomcitrons, & cut them in halfes, & iuyce them, but beware you wring them not too hard, least it be slimie, and then take to every pint of iuyce three quarters of a pound of refined sugar, & boile it in an earthen pipkin, till it come to the height of a syrupe, & take heed in any case that you boile it not on too hote a fire, least it burn, and then when it is boyled inough put it vp, and keepe it all the yeare.

To

To make Syrupe of Vio'etes.

TAke your Violets, & picke the flowers, and weigh them, & the put them into a quart of water, and steepe them vpon hote embers, vntill such time as the flowers be turned whire, and the water as blew as any violet, then take to that quart of infusion, and take 4 pound of clarified sugar, and boyle it till it com to a syrupe, scumming them and boyling them vppon a gentle fire. least it turne his colour, and being boyled put the Syrup vp, & keepe it.

To make Syrupe of Liquorish.

TAke your liquorish 8. ounces, & scrape it very cleane, & bruisse it very well, and mayden haire one ounce, Annyseed, and Fennel seed of each halfe an ounce, steep these in foure pintes of raine water halfe a day, & then boyle it to a quart

and Gentlewomen.

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quart, then take a pound & a halfe of clarified suger, & boile it with that liquor, till it come to a syrupe, and then put it vp, and keepe it.

To make syrupe of Hore-bound.

TAKE of Hore-hound two handfulls, of Colts foot a handfull, of time, peneriall, and Calamint of each two drams, of liquorish one ounce and a halfe, of figs and raysons of the sunne of each two ounces, Pyony kernels a quarter of an ounce, Aniseeds, and Fennel seeds of each a quarter of an ounce, boile these in a gallon of faire water, till it come to a pottell or three pints, and then straine it, and take three pound of sugar, and three eggs, and clarifie that liquor, and so boyle it to a syrupe, and so keepe it all the yeare.

B

To

To make Syrupe of Mayden-haire.

TAke of Mayden haire 6 ounces,
of Liquorish one ounce scraped
and sliced, steepe these foure and
twenty howres in foure pintes of
conduit water, and then boill them
to a quart, and then take . . pound
of clarified Suger, & boile it with
that liquor vpon a gentle fire vpon
charcoales, vntill it come to a Sy-
rupe, scumming it very often, that
it may be the clearer, for the clear-
er it is, the better it is, and being
boyled inough, put it vp.

To make Syrupe of Hysope.

TAke of Hysope one handfull, of
Figs, Raylins, Dates, of each an
ounce, of Calamint half a handfull,
of French barley one ounce, boyle
these in three pints of water to a
quart, and then straine it, and then
clari-

and Gentlewomen.

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clarifie it with the whites of 2 eggs,
and two pound of sugar, and so
boyle them to a Syrupe, and being
boiled enough, keepe them all the
yeare.

*To keepe Cherries all the yeare to haue
them at Christmas.*

TAke of your fairest cherries you
can get, but be sure that they be
not bruised, and take them, & rubb
them with a linnen cloth, and put
them into a barrell of hay, and lay
the in ranks, first laying hay in the
bottom, and then Cherries, & then
hay againe, and then stop them vp
close that no ayre may come neare
them, and lay them vnder a fether-
bed where one lyeth continually,
for the warmer they are the better,
yet neere no fire, and thus doing,
you may haue cherries at any time
of the yeare.

E 2

To

To make Syrupe of Mulberies.

TAke your Mulberies which are very ripe presse out the iuyce from them through a linnen cloth between two sticks, and then to every pint of iuyce, take a pound of suger, and boyle it to the height of a Syrup, and then keepe it all the yeare long, and if it wax any thing thinner, a moneth after you put it vp, boyle it againe, and then put it vp.

To make Syrupe of Lymonds.

TAke your Lymonds, & cut them in halfes, & betwixt your fingers iuyce them, and the liquor that runnes from them will bee very clear, then take to a pint of iuice, a pound and a quarter of hard sugar, which is very white. & boyle it to a Syrupe, and it will keepe excellent well.

To

To make Syrupe of Roses solitarie.

TAke of Damaske Roses, and pull them, then take a gallon of water, & when the water is hote, put a good many damaske rose leaues, and take them out when they look white, and do so ten times, & then the water will looke red, and then to everie pint of that liquor, put a white of an egge, and a pound of sugar. and clarifie it, and boyle it to a Syrupe, and keepe it all the yeare, the thicker the Syrupe is the better it will keepe.

To make Syrupe of drie Roses.

TAke of red roses dried four ounces, & infuse them in a quart of fair water vpon hote embers til the roses haue lost their color, the take a pound and a halfe of Sugar, and clarifie your Liquor and Sugar

E 3

with

with two eggs, and then boyle it to the height of a syrupe: but take heed in any case that you sett not your syrupe vpon too hote a fire, for then it will lose his colour, and be worth nothing.



A medicine to giue a woman
*in Travell, to make her
 haue throwes.*

TAke Corall, amber, date stones
 Pearle, Piony seeds, Saffron,
 Commine, beate all these in
 powder, and put it into Malmesey,
 and take Vnicorns horne, and put
 it into a Spooone with a little Mal-
 mesey, and giue it to her, & present-
 ly let her drinke a draught of the
 Malmesey, with the powders a-
 foresaid, warming of it a little.

*A medicine for the falling downe of
matrisse to the bearing place.*

TAKE Chicke-weed, and seeth
it in an earthen pot, then lay of
it vpon a peece of scarlet, as hote
as the patty may suffer it, let her
take it to the privy place, & as one
plaster cooleth, so lay another, and
use it.

*Another for to be taken to the navel
and to the backe, right against
the Navel for the same.*

TAKE a red Onion, and roast it
very tender, then take of Ally-
sander seedes, and bruisse them in a
wooden dish, and mingle the onio
and the bruised seedes together. &
lay it vpon a peece of linnen cloth,
so lay it to the Navel a litle warm,
rowle that on, & let it lie on 24.
howres, then change it and take a
new

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new one till it be whole.

It is good for the Midwife to hold muske below, tyed in a litle Lawne, to draw down the child.

Take Torch-wort, and lay a leafe of it to the crowne of a womans head warme, to stay other flowes.

A medicine for a woman after burden, if need be to bring it down.

TAke Sowther-wood, & wash it cleane, and stampe it & strain it in strong ale, and giue it her to drinke warme.

To stop the whites in women.

FRie Hemlocke in fresh swines greafe, lay it as hote as shee may suffer it, to the secret place.

For

For a Teter.

TAKE oates and seeth the in water, & where the Teter is, hold over the recke thereof as hote as may be, laying a cloath over it to keepe in the recke, so that the cloth doe not touch the Teter, vse this fve times morning and evening.

To make a Searecloth for an ach that is ne alycome.

TAKE Bowes grease, Camphire, and waxe, and boyle them altogether, and so make a Seare-cloth thereof, and lay it to the grieve.

For a Felon, or an Anécome.

TAKE Hearb-grace, rusty bacon, fower leaven, & Snailles that be with shels on their backes, taking them out of their shels, and beat all these together, and lay it to the grieve.

For

*For to heale any, if they bee scalded
with hote liquor.*

TAKE Alehose and Auens sheeps
suet, & sheeps dung, and Goose
dung, and when you haue washed
the hearbs, breake them altogether
a little, and so frie them together, &
then straine it, & make playsters
therof, and lay it to the grief, warm
it a little when you lay it too, lay-
ing new plasters to it twice a day,
you may take the iuice of Hopsleek
and sallet oyle, and water, and beat
them together, and wash the grieffe
before you vse this plaster.

A medicine for the whiter.

TAKE a quart of new milke of a
red cow, x. spoonfuls of Redrose
water, a pomgarnet pill beaten, & a
little cynamon beaten, & seeth it
halfe away, & sweete it with sugar,
and drink a draught morning and
evening, & two whits of eggs beate.

*A medicine for them that are given
to bleeding.*

MAke a posset, and take of the
curd, and take Liverwort, and
beat it, and put the iuyce thereof
into the posset drinke, and drinke it
morning and evening warm.

For the heat in the Kidneys.

TAke houslecke and plantine, &
not wash them, but wipe them
with a cloth, and beat them, and
straine them, & put to the iuyce
thereof, red rose water, and wine
Vineger, & womans milke, & take
the herbs & put them into clothes,
and tie the clothes with thread like
a couple of balles, and you must
(when you do vse it) haue one to
do it for you in the morning when
you are in your bed, & the parrie
must take the balls, and dippe them
in

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in this liquor, and so bathe your kidneys, and as soon as one of the bals is hote with doing of them, take the other, and so use it an houre every morning.

A medicine for the Stone.

TAKE Pellitory of the wall, Smaladge, Holihoockes, Mallowes, Tansie, & Saxifrage, of each a handfull, chop them small, & quilt them in a little linnen bag, then take 3. pints of cream, half a pint of malmsey, a quarter of a pint of running water, and set them on the fire and when it doth seeth then put in the bag of herbs into the pot, & when the bag is thoroughly hote, wring it between two trenchers over the pot to saue the liquor, then lay the bag to the grieve, as hote as you may suffer it, and as soone as it cooleth, make it hote againe in the same liquor, and so apply it to the grieve.

For

For the wormes.

TAKE a handfull of Basil mints, a handfull of Lavender, Cotten, as much of wormewoode, Peach leas as much, Fetherfue a handfull, of vnset leekes a handfull, & boyle them together in thtee spoonfulls of wine Vineger, and of his owne water as much, & quilt them in a bag, & so lay it warm between his Navell and his stomacke.

To heal a sore breaste that comes with the infection of the milke.

TAKE mallowes and saffron, and seeth them in milke, & when it hath sodden a good while, put in some crummes of leaven breade, and boyle them well together, and a little before you take it vp, put some Sallet oyle into it, you must let it boyle til it comes to a Poultis, and so lay it vyarme to

warme to your breast, and if you perceine that this wil not help your breast without it bee broke, you must rost a Lillie root, and lay it to your breast, where you will haue it breake, & when it is broken, you must tent it with leaven & milke sodden thicke together, and make a plaster thereof, and lay it to the place where it is broken, you must dresse it twise a day, laying the Poultis all about your breast, saving the place that the plaster lyes on, you must dresse it both with new poultis, & a new plaster twice every day, vntil it begineth to heale & then once a day is sufficient.

To stench bleeding at the nose.

TAKE Bolerminacke, & the white of an egge, and vineger, & beate them together, and make Plaisters thereof, and lay them to your temples.

To stemb bleeding of a wound.

TAke of vnset Hyfop, and bruiſe it a little, and take the powder of the bone that is to be found in a Capers head, and ſtrew the ſame powder on the hyſope, and lay it to the wound.

Another ſar to ſtanch the bleeding of a wound.

TAke hogs dung hote from the Hogge with Sugar, and lay it to the wound.

For the weakeniſſe in the bakke.

TAke Clarie and dates, & the pith of an oxe, & chop the together, & then put them to your creame and eggs, and grated bread, and frie them together, & ſtraw ſugar on it, and eate it in the morning faſting,

and Gentlewomen,

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sting and you must put some white
Saunders in it also when you tem-
per it together.

For the wormes.

TAKE Mares milke, and drinke it
as hote as you can haue it from
the mare, in the morning fasting.

*To know whether a Child hath the
wormes or no.*

TAKE a peece of white leather, &
pecke it full of holes with your
knife, & rub it with wormewood,
and spread hony on it, and straw
the powder of Alefackatrina, and
lay it on the Childs navell, when
he goeth to bed, and if he haue the
wormes, the plaster will sticke fast,
and if he hath them not, it will fall
off.

F

For

For one that is bruised with a fall,

TAke stone pitch, and beat it, & drinke it with white wine, or Sacke, or Malmesey, and if you haue none, then take some other liquor, then melt Parmacitie, and annoint the place where the bruise is.

For the wind Colicke.

TAke Parsley seed, & bruiſe them and seeth them in Sacke, and drinke it warme when you haue your paine,

For the Goxt that is newly come.

TAke Rubarb, and grate it, and mingle it with conserue of red Roses, and eate thereof every morning fasting a pretty quantity.

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A water to wash a sore.

TAke of Plantane, & Woodbind
leaues, and white roses, & still
them together, and when the wa-
ter is stilled, put a quantity of Cā-
phire into it and so let it lie in the
water continually.

For the shrinking of the sinewes.

TAke the marrow of a horse
bone, and the crops of Elders, &
as much of Sage, and choppe them
together, and boile them in the
marrow, and then straine out the
heerbs, and put to the liquor, one
spoonefull of hony, two spoonfuls
of Aqua composita, and a quantity
of Pepper, and boile it againe, and
keepe it for your vse.

For the Pyles.

TAke a quantity of Ragwort, &
a quantity of ground Ivie, and
F a the

the marrow of the hinder leg of a Bullocke, & beate the marrow and the herbs together, & boyle them on a soft fire, and straine them, and keepe it for your vse.

*A salve to take dead flesh out of
a sore*

TAke a spoonfull of Vineger, & a spoonefull of hony, and a quantity of Verdigrease, and as much Allom, and boyle all these together, and keepe it for your vse.

For the slaying of the Fluxe.

TAke a new laid egge, & take of a little of the toppe of it, and poure out a little of the white, and fill vp the egge with aqua composita, and stirre it together, and rost it, and suppe vppe the egge in the morning fasting, till you bee well vse this.

And

Another for the same.

Make Rife pottage with Almōd milke, you must not blaunch the Almonds, and make little bals of Virgins wax, make them lesse then Pease, and when you doe cate of the pottage, take three or foure of the Balls, and put them in every spoonefull, as you doe cate it.

For the Gowt.

TAke an earthen pot, and put into it a quart of Aqua composita, and take two handfuls of Henbane and breake it, and put it into it, and set the pot in the earth all the month of may, and it will come to an oyle, and at the end of May, you must take it vp, and keepe it for your vse, you must cover the pot very close when you set it in the ground, and when you anoint the grieve therewith, you must doe it against the fire.

For the Pyles.

TAke Martilmasse beefe, & drie it, and beate it to powder, and then put it into a chafindish of coals and set it in a chaire, and sit over it.

For an Ague.

IF it be for a child, take 2. spoonefuls of good ale, and seeth it, and scum it, & one spoonefull of the syrupe of roses, & let him drinke it luke-warme: if for an old body, the take three spoonefuls of good ale, and two spoonfuls of the Syrup of roses.

To make a fresh Cheese.

TAke a quantity of new milke, & set it on the fire, and let it boil, and take half a dozen yolks of eggs, and beat them, and stirre them in the milke on the fire, the take it off the fire, and keepe it stirred vntill it bee

and Gentlemen.

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be luke warme, & then put runnet into it, and stirre it, and let it stand vntill it be gathered together, and take vp the curd, and put into it Cinamon and Ginger, and stirre it about, and make dishes of it, as you thinke good.

A medicine for a pestilent Ague, or to drive any thing from the heart.

Make a posset with white wine, & take away the curd, & take horse dung of a stone horse, as hote as you can get it from the horse. & straine it with the posset drinke, & put a little Methridate, and Cardus Benedictus water, and Vnicornes Horne, and if you haue no Vnicorns horne, then put Iuorie or Sea-horse tooth, & giue it to the sicke to drinke fasting in the morning, warming it, and you must put the Vnicornes horne into the Spooone, and take it with some of the Posset Drinke,

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and

A Closet for Ladies,
and so drinke the posset presently
after it, and vse this two or three
mornings.

*A medicine for the sore-esse in the
throat that commeth with the
Rheume.*

TAke halfe a pint of hony-suckle
water, and two leeuces eares, of
Plantane, & Sinckfield half a hād-
full, and a few columbine leaues,
these must be sodde with as much
white Sugar-candy, as will bring
the liquor to a syrupe, you must put
in a little Howell, Cynamon, and
so take it in the morning, and in
the evening, and at such times as
your throat is drie.

*Another for the falling of the Eva-
low, or other paine in the throat.*

TAke a handfull of redd Sage, a
spoonfull of Dil seed, a peece of
leaven

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letven, boyle these in a little new milke vntill it be thicke, then lay it on foure fine clothes, & lay one cloth to the nape of the necke, and another to the throat, and to each temple one, and bind the clothes, & doe this as often as need shall require, for it hath bene proved.

A salve for a greene wound.

TAke a pound of Rosin, halfe a pound of wax, foure ounces of old Swines grease, one ounce of Verdigrease, boyle them altogether vpon a soft fire, & strain them.

*A water to heale all sores in legs
and Ulcers.*

TAke a pound of roch Allom, 4. ounces of greene Coperas, beat them somewhat small, & put them in a pan on the fire, ever stirring the vntill they be molten, and dried again

A Closet for Ladies,
gaine ready to be powdred, & beat
them againe in fine powder, and
keepe them to your vse. When you
will make your water, set a pottle
of faire conduit water over the
fire, vntill it boyleth fast, then take
it away, and as soon as it leaveth,
boyling, cast abroad your powder
vpon the water, the which will
make it to boyle, as long as your
water riseth, so long cast your wa-
ter in, and when it leaveth rising,
and is blacke in the bottom, then it
is perfect: then if you see a daunge-
rous sore leg, first cast you powder
presently thereon, and lay thereto
three or foure fold of linnen cloth
wet in the water, and rowle it vp,
doe so till the vlcer be cleane.

A very good water for a sore mouth.

TAke of conduit water a pint, one
handful of hysope, of whit wine
& of Almonds a pound, of Roses
three ounces, seeth the altogether
till

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till the hearbs be tender, then take it from the fire, and strain it. and keepe it for your vse, you must alwayes wash your mouth and rubbe it after meate, and in the morning

*A castic to break any swelling
that is ready to breake.*

TAKE Commine, Hysope, and of quicke lime a quantity, bray them together in a morter, til it be very fine: when you would open an impostume, lay it as big as an haysell nut vpon the next place, and bind it very hard, and let it remain there foure howres, then take it off for it will make the place dead, and then you may let out the matter without griefe to the patient.

A Catistus Plaster.

TAKE of Litrage of gold powdred very fine, cōmō oil, hogs grease
a pound

a pound, white Coperas four ounces and put them all together in a brasen pan, and seeth it over a very soft fire of coales, & trie it continually vntill it come to a body, & in the boyling you must cast into it one ounce of good Rose-water, or two, and now and then a spoonfull, and when it is come to a good body, take it off the fire, and stir it till it be cold, and ready to be made vp in a rowle, & then make it vp.

To make Populier.

TAke of Populer buds a pecke, of hogs grease foure pound, seeth them both together a quarter of an howre and then take it off, & strain it. if it be too thinne, put in a little waxe.

Basilicon.

TAke pitch rosin, waxe, sheepes suet, common oyle, a like quantity

and Gentlemen.

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titie beat these small, and put them in a brasen pan, & melte them all together, the take them off the fire and straine them through a course linnen cloth, for the pitch will not be molten, this is good for al manner of soies, and when you wil put in a tent, mixe it with the yolke of an egge.

Maturacum pou'tnis.

TAke onyons, garlicke, dow, lillie rootes a like quantity, rost them all in a wet cloth vnder ashes, & then put them in a morter, and beat them small, this is good for all impostumes to breake them out.

A medicine to heale old sores.

TAke Plantan, bramble tops, Orpin, Betony, Egrimony, of each one handfull, straine them, and put thereto Rosin, and waxe, of each a quarter of a pound, fresh hogsgreace & sheep suet, of each foure ounces,
boyle

boyle them altogether, till the iuice
be confirmed then strain it & keep
it to rayse flesh, and heale old sores.

*A plaster to heale old sores, after
they be m. declea e, and filled
with flesh.*

TAke sallet oyle halfe a pint, lead
a quarter of a pound, boyl these
vntill they be blacke, & keep them
for your vse.

*To cleanse a sore, and take away the
dead flesh.*

TAke Woodbind flowers, white
Roses, Plantane & still them to-
gether, and when it is stilled take
lixer penyworth of Camphire, and
put it into a quart of the water and
set it in the funne for ten or twelue
dayes, and so wash the sore withal.

A medicine for a sore throat.

TAke a pint of milke, halfe a hād-
full of Collumbine leaues, halfe
a handfull of Gasell, and halfe a
score leaues of Sinkfield, 2. Iewes
eares, and so the partie must vse it
evening and morning, & gargase
it in his throat.

*A medicine that wil heale any wound
or fore, and keepeth it without
proud flesh, or dead flesh.*

TAke halfe a pound of waxe, a
quarter of a pound of Sheepes
suet a quarter of a pound of Rolin,
and a quarter of a pound of Tur-
pentine, halfe a pint of sallet oyle, 2
handfull of Bugle which grow-
eth in the wood, a handfull of
Smallage, a handfull of Malloves,
a handfull of Valerin, a handfull
of Grounsell, and a handfull of
Balme, stampe and straine the
herbs

herbs, and put the iuyce into the foresaid things, being a while boyled, then seeth the together a quarter of an houre, then take it fro the fire, and let it stand till it bee cold, then take away the Smallege from the bottom, then take some of your Balme-water, & put into it so much as will make it green, and let it boile together a half quarter of an houre and so take it to your vse.

A Glister.

TAke Camamile, Betonie, Dill, Pellitorie of the wall, Hysope, Rue, of each a handfull, boyle these in the broth of a sheepes head, til the broth bee very slippery, then take a pint of the broth strained, and put two of the pilles of Diabes for each a crown waight, and a halfe Diacatholice, Diaphenicon, of each halfe an ounce, oyle of Camomile, oyle of Dill, of each an ounce, a little salt, and a Glister:

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ster: if you will haue it break wind, put into the aforesaid Commine seede, Fennel seed, Anniseeds, of each bruised, two good handfulls, and boyle all together, and straine it, and make it as aforesaid, and put in the Glistre.

To take away the heat of a burne, or out of a Scald.

TAKE eggs and rost them hard as a stone, then take out the yolks of them, then take a frying pan and put in the yolkes of the hard egges, & so let it srie til it come to an oile, then straine it, & annoint the burn withall, then take a bladder, and annoint it with sallet oyle, & lay it to the burne.

To make another Glistre.

TAKE running water & handfull of Carmon, a handfull of Malloves, a handfull of wormwood, a
G handfull

handfull of Mercury, an ounce, of Commine, two ounces of Fenell seedes, two ounces of Anniseedes, and beat all your seeds, & set your hearbs a boyling, and straine them.

A medicine for one that is broken.

TAKE a quantity of Comfrie, a quantity of Knehome, a quantity of knotted grasse, a quantity of Ribervorum, & a quantity of Polipody, & stamp the altogether, and straine them in ale, & then giue the Patient the same to drinke colde, and trusse him vp with some bolster, and let his dyet be but competent, eschewing all slippery meates, as butter, and such like, provided alwaies, that the patient keepe his bed fixe or seven dayes, lying vpon his backe, and sometimes hold his belly with his hand.

To make a Poultis for swelling.

TAKE the crome of manchet, and
seeth it in milke, till it be thicke,
then put in a peece of new butter,
about the quantity of a walaue, or
somewhat more.

For the Rheume.

TAKE a little quantity of Mastick,
& as much of Pellitory of Spain
cut in small peeces, sew them in a
little bag of linnen cloth keep the
bag in your mouth till the Pellito-
ry and the masticke be consumed,
and spit in the meane time as much
as you can.

For the toothach and the rheume.

TAKE a quantity of gum of Ivie,
put it in a litle bag of linnen the
wet your bag in aqua vitae, or vine-
ger, & keep it in your mouth til the
gum of Ivie be consumed, hold the
bag

A Closet for Ladies,
bag over or vpon the holow tooth.

A water for the eyes.

TAke a pint of wkite wine, then heat a stone called Lapis Calaminaris red hote nine or ten times in the fire, & quench it every time in the wine, the last time you quench your stone stirre it about in the wine, then keep your water in a cleane glasse, and let it stand, vse to put in your eye one drop or two morning and evening.

For the eyes.

TAke Rosemary, Honsleeke, red Fennel, and rost an egge, and take out the yolke, beat these herbs together, and straine them.

For paine in the head.

TAke of the best salet oile you cā get, & the flowers of wild prim-
roses

and Gentlewomen.

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roses & put them into the oyle, & then set it on the fire, and let it boil halfe an houre very softly, then put it in a glasse & set it in the sunne 3 weekes, and then rub your temples evening and morning. E.C.

A Gargas for to purge the head.

TAke a pint and a halfe pinte of wine vinegar, mustard seedes, Ginger, cloues, nutmegs, pellitory roots, about the quantity of one ounce, when they are beaten, put it into the liquor, and stirre them together for the space of a weeke, then gargas it every morning before you vse the oyle, to your head.

For a pinne and webbe.

TAke the oile compacted of the bone of the goose wing, & rub it in the palm of your hand that no shivers of the bone do stick in it, &

G 3

put

put it in with the point of a pin, for the bignesse of a pinnes head is enough at once.

For a swelling.

TAke barows grease, & Suthernwood and aqua vitæ, and boile it together, & when you haue boiled it, straine it in a panne.

For a bone-ach.

TAke two or three handfuls of Camamill, a quarter of a pound of sheepes suet chopt small, and a peece of stony pitch of the quantity of a walnut, and a peece of leuened bread in it, crummed very small, boyle it in your own water, vntil it be very thicke, that you may spread it vpon a cloth, like a plaster, and lay it on the place where the ach is for 24. howers, & so dresse it three times, if you doe, it will take away the ach.

*A medicine to heale an old sore, or a
new.*

TAKE a quarter of a pound of ro-
sin, & melt it in a pan, til it haue
left cracking, & then take halfe as
much waxe, and a little turpentine
and sheeps suet chopped small, and
a spoonful of oile olīue, and boyle
them all together, and when you
haue done so, strain thē in a pale of
water, and make it vp even as you
wil occupie it, & draw your plasters
thin, & dresse it three times a day,
that is to say, at morning, noon &
evening, till it be almost whole, thē
dresse it but twice a day morning
and evening, but if there bee any
coare, that doth hinder the healing
of it, take a little Mercury, & put it
in two spoonfulles of water, and
when the Mercurie is melted in the
water, & congealed together take
a feather & drop in two or three
drops, and lay a plaster vppon the
wound, and it will bring forth the
core.

For an Andicome.

TAKE halfe a dozen knottes of a young Oke, and put them in a fire-pan, and burne the to a red cole, & take Pores grease, & fine suet & two or three corns of salt & stamp them very fine, and so make a plaister of it, and if it do draw & heale too fast, lay lint vnderneath the salve, and you must dresse it twice in the winter dayes, & thrice in the Summer dayes.

The Copy of Doctor Stephens water.

TAKE a gallon of the best Gascoine wine, then take Ginger, Gallingall, Cinnamon, Nutmegs, Graines, Cloues, Aniseeds, Fennel seeds, Caraway seeds, of every of them a dramme weight, then take wilde Time, Hysope, Lavender, Sage, Mints, Redde Roses, Garden Time, Pellitorie of the wall,

will, & rosemarie, of every of the
one good handfull, and bray the
herbs very small, and stamppe the
spices altogether very small, put all
together into the wine, and close
it fast twelue howres and stirre it
diuers times, then still it in a lim-
becke, and keepe the first water for
it is the best, and then keepe the se-
cond for it is good, but not so good
as the first. E. C.

A dram weight of the seede of
Colembyn, brused with halfe a pe-
ny weight of saffron, drunkē with
wine, is good for the Ianders, the
go to bed, and prouoke sweat: the
flowers distilled, is good for the
same purpose, & against swūdings.

Pympinell.

THis herb is good against the pe-
stilence to be taken fasting in a
morning, & good against the stone,
the roots sodden condited in sugar,
may

may profite them that haue colde stomacks, & are troubled with too much fleame, the collicke & stone. this roote any way taken, is good against poyson

Mouſeare is hote and drie, ſome uſe to giue the mice of this cōmon mouſeare to hinder the colde of a quartã ague, ſome uſe to gather the roots in May, & drie it, and giue it to them that be broken, it is good for the bloody flux, the great ſcouring of the Mother, for worms both outward and inward, common fluxes, for vomiting of choller, and ſpitting of blood and bruſe, and ſpecially for breaking of the brain-pan.

The iuyce of Coſt mary drunkē, killeth both ſmall and great worms in the belly, it is good for a colde Mother it ſtrengtheneth the ſtomack whether it be drunken or laid to, & ſtayeth vomiting, the hearb of his
nature

and Gentlewomen. 103

nature, whether it be strawed, or
else perfume be made thereof, dri-
veth away serpents, and it is good
against their poysons, and it hel-
peth and strengtheth the head.

To take out the heat of a burn.

Take the fat of hogs guts, and
sheepes tirdles, and boile them,
and put them in a pot, and thus will
heale the partie, and take out the
fire, and it will keepe good a whole
yeare, this hath been proved.

To take the heat out of the face.

Take running water & elder flo-
wers. Plantane, white Daisie
roots and heath Robert put them
in the running water & wash your
face morning and evening there-
with.

*A medicine for a canker in ones
mouth, proved.*

TAKE running water, a handfull
of woodbind leaues, a handfull
of bramble leaues, a handfull of
Collumbind leaues, a little Rose-
mary, and boyle them together un-
till halfe the water be wasted, then
put two or three spoonfulls of ho-
ny, and a peece of roch allom, three
or foure spoonfulls of wine vine-
ger, & wash your mouth with the
sooden hearbs therof, three or four
times every day.

The Diet dinke.

FIRST buy a dyet-pot of the cōmon
sort, such a one as will cost eight
pence, or ten pence, then put into
it halfe a pound of liquorish scra-
ped and bruised, half a pound of A-
niseeds bruised, three quarters of
a pound of lignum vitæ bought at
the

the Turners, & one ounce of the barke of the same woode, which is to be bought at the Apothecaries, halfe a pound of Raysons of the sunne, the stones taken out, a good handfull of Scabeas, an ounce of Chiny, two ounces of Salyprilla, a quantity of white wine, then fil vp your pot with faire water, saving a pint, then cover your pot with his cover, and close it round about the brimme with past, then set it on a soft fire of coales, and let it boyle 3 houres, vntill the fourth part bee wasted then straine it, and let it settle, and then put the clearest into bottles, and drinke it morning & evening a good draught, and so vse foureteene or fifteene dayes.

If you put a litle of the wood in to the fire, and there frie out of it like oyle, then you shall bee sure it is good.

TAke two handfuls of vervaine,
 Betony, Camomil roots Letcie,
 Checmete, of each sort two hand-
 fuls, drie roses, put them to pow-
 der of nutmegs, boile this in white
 wine, take out the hearbs then and
 frye them in oyle oliue, and straine
 them in a cloth, and make an oynt-
 ment thereof, & therewith annoint
 the head.

To make the rhume medicine.

TAke five quarts of Hysop water
 - it must be stilled when the hy-
 sop beareth flowers, & one pound
 of English Liquorish cleane scra-
 ped, and cutte in little peeces,
 bruise them, and then put it to
 the water, and boyle them til halfe
 bee consumed away, then straine
 it in shallow pans, and set it in the
 sun, & stir it now & then, & sum-
 times set it over the fire, vntill you
 see

see it waxe blacke, but do not boile
it, and it will waxe stiffe with stan-
ding in the Sunne, that you may
make it in little cakes.

A salve for a cut.

TAKE sixe ounces of Deere suet,
foure ounces of wax, four oun-
ces of Rosin and stamp and straine
Velerian, & take the iuyce as much
as you thinke will make the salve
looke greene, & boyle them toge-
ther till it come to a salve.

*A medicine for the stopping of the
liver very good for the that haue
the jaunders.*

TAKE parsley roots, fenell rootes,
asperigon roots. Kneehā roots,
Saccory roots of each the weight
of halfe a crown in silver, of docke
roots the weight of ʒss, & cc, a litle
liquorish, half a handful of Raysons
of the sun stoned, boile this in three
pints

pintes of water vnto a quart, and make almond milk with the liquor and take two partes of sweete Almonds, & one part of bitter, sweeten it with sugar, or else with syrup of Succory, and drinke a draught three mornings together, fasting 3 howres after it, vse this every moneth, you may put in Barly husked, Saxifrage, Maiden haire, and Liverwort.

For the wormes.

THe powder of Coralina to the weight of three pence in silver, given in the water of Couchgrasse.

A medicine for a quarlan, or a tertian Ague.

TAke the herbs and rootes called Harris-horn, Plantain, and Orpine, and beate them with a little white wine & a little bay salt, and so lay it on a cloth vpe your wyrest, but

but be sure it lie on the places on both arms, changing it every twenty foure howres, but bee sure that you lay it two howres before the fit commeth, and hang nine rootes of the Harts horne about your necke in a silke bag, so that it may lie vpon the hollow of your stomacke, and let it hang till your Ague be gone, you must not wash neyther hearbes nor rootes, and you may take the rootes when you cannot get the herbs, and vse the io.

For the canker in the mouth, or rawnes, or in the lower part of the woe.

TAke red fennel, red sage hyssop, hearb-grace rosemary, lionysuckell leaues, Fetherfew, & day-sie leaues, of every one a like quantity, in al two handfuls, boil these in a quart of running water to a pint, & strain it, and let it stand vntill it be cleare, & put therein a spoonfull of english hony, & as much roch-alom, beaten as the bignes of a bean

H

and

and boile it together, you must take off the skumme, as it doth arise when it is boiled, put it into a glasse and keepe it for your vse, you must warme it when you take it.

A good medicine for an Andicome, or a botch, or a sore breast, or Carbuncle, to ripe or bricke them.

TAKE a quantity of Herb-grace, a quantity of leuened bread, wel crymmed, half a spoonfull of faller oyle, or capons grease, and boyle these in good ale grounds, & keepe it with stirring vntill it bee thicke, and when you doe vse it, lay it vpo a cloth warme to the grieve: this medicine wil resolue a breast without breaking of it, without it neede breaking; you must change it every day once.

*A good salve to heale it when it is
broken.*

TAke a quantity of Baroes greace,
a quantity of rosin of each a like
quantity, you must scrape the waxe
and beat the Rosin, & boyle them
together till they be melted, then
take Lapis calaminaris and Roch
allom, as much as a beane of each,
and beat them together, then take
a spoonefull of English hony, and
put them together, and boile them
again, and when it is well boyled
pauze it into cold water, and make
it vp in rowles, & keepe it for your
vie.

A medicine for a bruise.

TAke a quantity of stone pitch, &
as much gray sope, and beat the
pitch finely to powder, and boyle
the together with stirring, vntil it be
boyled, then take it off the fire, and

H 2

let

let it coole, and then spread it vpon a cloath, and lay it to the grieve, it must not be through cold, for then it will not spread, and if one doe not heale it, then lay on another cloth spread with the same.

An oymment for an ague sore, or other sores, and for swellings.

TAKE a Bryome root, & cut off the outside thin, some do cal it wild vine, slice it, and lay it al night in a pint of sallet oyle, & then boile it, and strain it, keepe it for your vse, for *this* is good to annoint any ague sore, or any other swelling.

Then take halfe a pint of sallet oyle, and as much redd lead as you can buy for two pence, and boyle them together, & keepe it stirring vntill it looke blacke, & then take as many clothes as you thinke will drinke vp the oyle & the lead, and then coole it, and keepe it for your vse.

This

This oyle and lead is good for ague sores, and other sores. Remember to annoint the sores with the oyntment aforesaid first, and then lay on the searecloth, doing this twice a day, vntill the sore bee whole. And for swelling you must vse the Bryome rootes, and the oyle onely, without the oyle and the lead.

*An approved good medicine for
the tooth-ach.*

TAke rose water, cyther redd or damaske, take yellow waxe a quantity, and fresh butter, of cyther an equall quantity, & mingle them together in a dish vpon the coles, and then take a linnen cloth and dip it therein, and lay it vnto that side of your iaw where you are grieued, as hote as you can suffer it, the hoter, the better.

A medicine for the bloody fluxe.

TAke two tosts of cheat bread, & tost the, & two eggs and rost them

H 3

hard

hard, and take the yolkes of them and the liver of a cluckie, & beat all this together small, then put all this into a pint of charne-milke, then take half an ounce of Cynamon, & beat it small, and put it in the medicine, and then take of it evening and morning fasting, for so it most awayleth you, but if your stomacke be weake, then put in some sugar to sweeten it.

For the pin and web in the eye.

TAke the iuyce of Parsley & halfe as much hony, and with a fether droppe it in the eye, & after it you must put in some powder of white Sugar Candy: you must dresse it thus very often.

*For to take the Ague out of any
place where it doth fall.*

TAke Succory a prety quantity of it, and mingle it with som Bores greace

and Gentlemen.

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greace, and spread it vpon a cloth, and warme it against the fire, and lay it to the place.

A medicine for a greene wound.

TAke a quantity of Venice Turpentine, & wash it in faise water vntill it be white, the take a plaster thereof, & lay it to the wound vntil it be drawne, then take the yolke of a new laid egge, and adde therevnto a smal quantity of fine wheat flower, and a little fresh butter, and mingle them together, and lay a plaster thereof vnto the wound after it be drawne, with the turpentine.

Another medicine to be take inwardly for a greene wound, to be taken in ale or Beere, it is likewise good for the shutting of a bone broken or cut, eyther for man or beast.

TAke iuice of an herb called Bonwort, to the quantity of 3. or 4.

H 4

spoons.

spoonesfull or more, according to the stomacke of the partie that is hurt, take the same quantity, and drinke it eyther in the milke, or as before it is written, three or foure severall mornings fasting, or oftner as you will, and it will free the party when the hearbe is not to be gotten, then you may vse the roote and it will availe as much.

If the wound be but litle, either this drink, or the medicine before written will helpe it, but if it be great, you must vse both together.

Far to heale wounds and sores,

TAke rosin and frankinsence, of ech foure ounces, of white wax & olibinum, of each three ounces, of Harts suet, of Mastick, of ech an ounce, Veniceturpentine halfe an ounce, white wine a pint melt the Rosin, the Frankinsence, and the Harts suet together, the strain it in a pan,

a pan, and put thereto all the white wax, the Olibinum, & the mastick made into powder, and the white wine, boyle al together til the wine be consumed. then take it from the fire, and stir it til it be almost cold, then put in the turpentine, & make it in a rowle, and keepe it in parchment or leather.

Another.

Take Callamint, Penniriall, of ech a like quantity, Nigella romana seed a little bruised, a French crownes weight, boile all these in posset drinke made of white wine, and ale, a good draught evening and morning you must drinke.

*A medicine for the head burning
that long time hath bene.*

Take a quantity of the gaule of a hare, & as much of hony mingle it together a good while til it turn red, and with it annoint the forehead

A Closet for Ladies,
head, and al the aking shal be taken
away, this is a pretious oyriment.

*For to set in a bone, or heale a broken
bone, in man or beast.*

TAke the iuice of Comfrey roots
and wild daylie roots, and boile
them with turpentine, and yellow
waxe, and make a flat plaster ther-
of, and lay it to the grieve, and set
splinters about it, and rowle it to
keepe it stiffe once in five dayes till
it be whole, and you must drink the
iuyce of the rootes nine dayes in
some liquor, either to man or beast
when you vse the plaster.

For the Py'es.

TAke new milke and thicken it
with oatemeale, finely sifted
through a siue, and let it seeth
till you make it vppe like suppo-
sitories and then take it vp, and cut
off the outside of a race of ginger,
and

and Gentle women.

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and grate it and mingle it together
and some of it make into a plaster,
& the rest make like suppositaries,
and put them vp as you doe suppo-
sitaries, and then lay a plaster on
the place, and vse this vntill you be
whole.

*A medicine for a rupture in
old, or yong.*

TAKE Knotwort, Ribwort, and
Comfrey, of ech a like quantity,
wash them and drie them, and ser
them in the oven when the breade
is drawn, so that they may drie, the
beat them to pouder, then searce
them finely through a searce or
sieve, and looke what quantity you
take of the herbs when they be
dried, take halfe so much Anniseed
and beat them with the powder of
the hearbs and searce them; and
thus having made the powder rea-
dy, when you will vse it, take as
much of the powder as you can lay
or take vpo a good broad 6. pence,
and 14, mornings together giue it

to

to the party to drinke with a little malmesey fasting, and annoint the place first with oyle of spike mingled with any other thing, and also take such hearbs, as you make your powder of and seeth them in fayre running water till they bee tender, wringing the water out of them, & apply them to the place as hote as the party can suffer it, and let not the trusse be to straight, lest it force the place, to rent further: take the hearbes to make the powder with in May when the chiefe strength is in them, the Knotwort beareth a little watchet flower: This hath been proved on childre so borne, & on old folks that haue been foure & twenty yeares broken, and doth helpe all sorts, that with good vsage, doe not abuse themselus, through the grace of God.

*A medicine to be used during al the
time of the plague, good against
Infection.*

TAke a pint of white wine vine-
ger, and half a pint of Iene Tre-
kell, and a quantity of Bole Armo-
niacke, otherwise called Bolles ve-
rus, and stirre all this together, and
take three spoonfulls in the mor-
ning, fasting, and fast an howre af-
ter it, and take three spoonfulls an
howre after supper.

*Another medicine for paine in the
head.*

SEeth leaues of Agrimony with
hony, and giue them to drink, &
draw it through a cloth, and keepe
it in a boxe, & therewith annoynt
your head, and wash your head in
the water that Celondine is sod-
den in.

For

For aking of the head.

SEETH Pulioill in Ayfill, and then put in thy nose.

Take Rue and Fennel, & seeth them together in water, & wash therewith the head.

*For a Felton of the head that swell-
leth the head of a man, & that be-
fore written is for the same.*

TAKE the grease of an Hart, & hon-
ny, and barly meale, and ote
trest, and moicell, and stampe them
together, and after shaue thy head,
and then make a plaster, and lay it
to thy head as hote as you may
suffer, and let it lie till it bee whole.

For all Swelles of the head

TAKE Rew, and stampe it with
strong Ayfill, mingle it and wash
the head therewith.

For

*For the Carbuncle, or the Postume
in the head.*

TAKE wormewood, Origanum,
Mayron, by even portions, and
seeth them in sweet wine, and after
that wring out the iuyce, and lay it
to the eares of the sicke with two
sponges, as hote as he may suffer it,
and vse this two or three times, &
he shall be whole.

*For the Meygrim, Postume, Dropisie,
Fever, and all maner of aking in
the head.*

TAKE a penny weight of the root
of Pellitory of Spaine, sixe pen-
ny waight of Spicardie, and grind
them together, and seeth them in
good vinegar, and take a saucer
full of hony, and siue of mustard,
and when the liquor that is boyled
is cold, doe thereto the hony and
the mustard, and stirre them well
together, and let the sick vse therof
halfe

halfe a spoonefull at once, & holde it still in his mouth, the space of 2. creeds saying, and then spitte it out into a vessell & do so ten or twelue times, a good while after hee hath eaten at noone, & a little before eve ten or twelue times, and when hee goeth to bed take and wash cleane his mouth, and drinke a draught & goe to bed: vse this medicine three dayes, & he shall be whole.

For the head ach.

TAke & seeth vervine and bitony, fillis, and wormewood, & wash the parties head with the water thrice in the weeke, & take the herbs, and make a plaster, and lay it vpon the vpper part of the head, on this wise.

TAke the herbs aforesaid, when they are well sodden, & wring out the iuice of them, & the stampe them

and Gentlewomen.

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thē in a mortar, and temper them with the water wherewith they were sodden, and doe thereto the bran of wheat for to hold the iuice of the hearbs, that it go not out, & make a garland of linnen that may go about the head & bind the plaster vnder it, as hote as the sicke may suffer it: do this three times, & he shall be whole.

Another.

CLoues comfort the stomack, liver and heart, they helpe digestion, & stopp the belly, they quicken the eye-sight, & scowre away the cloudes & hawes of the eyes, they are good against all cold diseases, & they are hote in the thirde degree: the oyle of Cloues is very good for a cold stomacke, and for any other place that hath neede of warming, as a rumaticke braine.

Another.

TAke of litrage of lead foure ounces, of vineger, of commō oyle a
I like

like quantity, put the litrage in a mortar, & put a litle of the vineger & a little of the oyle, and beat them together, and so put in by a litle & a litle all your oyle & vineger. you must beat the two hours together, it must be as thicke as your Greene salve.

Another.

TAKE Camphory, harts-ease, pri-
vit, plantan, of each of them one
handful. bruiſe theſe in a mortar, &
put thereto of Harts ſuet, of fine
ſillet oyle, of each dimme a lib,
mingle them well together, and let
them ſtand foure and twenty
howres, then put them into a pann
or braſſe pot, and put thereto of
waxe and roſin broken in ſmall
peeceſ, of each dim. a lib, let theſe
boile all together over a fire of
coales, vntill the iuyce of the herbe
be conſumed, and the oyntment
green, then ſtrain it through a can-
vaſe cloth into ſome pot that you
will keepe it in, and when it begin-
neth

and Gentlerwomen.

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neth to be cold, then put thereunto 4. ounces of Venice turpentine, & stir altogether, vntil it be through cold and keepe it close covered.

Another

THE wine of eye-bright is made for the eies, by putting the herbs into the must, vntill it bee perfect wine, whose vse make the eyes of old men look yong, for it is hore & drie, and the powder of it beaten with the yolke of an egge it worketh the same effect: the poyder receyved in wine, if the wine bee too strong, put in fenel water, or sugar.

A medicine against the stone in the backe or bladder, or for the weakness of the backe, which is called the running of the raynes.

TAKE venice Turpentine, & wash it in rose water, either red or damaske, vntil it look white, then divide it into small bals, as you may

I 2

easily

easily swallow to the full quantity of three hasell nuts, or there about, then rowle them in sugar, to make them the more easie to bee taken, then swallow them in the morning fasting, & fast 4. howrs after them: take these three or foure severall mornings together, and in your water you shall find much gravell.

To take away the pocke-holes, or any spot in the face,

TAke white rose water, and wet a fine cloath therein, and set it all night to freeze, and then lay it vpon your face till it be drie, also take three poppies, the reddest you can get, and quarter them, taking out the garbitch, then still them in a quart of new milke of a red cow, and with the water thereof wash your face.

To make Snow.

TAke the whites of five or six
eggs, a handfull of fine sugar, and
as much rosewater, & put them in
a pottle of creame of the thickest
that you can get, beat them alto-
gether, as the snow riseth, take it off
with a spoone, you must beate it
with a sticke cloven in foure, then
must you take a loafe of bread, and
cut away the crust, & set it vpright
in a platter, then set a faire rosema-
ry branch in the loafe, & cast your
snow vpon it with a spoone.

A medicine for the Piles,

TAke the hearbe called Torch-
wort, it groweth hie, bearing a
yellow flower, blowing out of the
stalke, the leaues look hoare. Take
the iuice & boil it with fresh butter
a litle while, & keep it close, & vse

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it evening and morning: if a cowes
vdder be stung or bit with a snake
or such like, take Lavender, and
wash it cleane & seeth it in cham-
ber-ley a good while, and wash it
evening and morning warme, you
may put a little fresh butter in it, &
milke out the milk when you do it.

*A medicine for a cold, or burne, or a
sore, approved.*

TAke water-sucke leaues, other-
wise called Hogwort leaues, al-
lie-house daisies, rootes and leaues
and all, and a little Rosemary, and
wash them and stampe them, and
boyle them in creame vntill it is
butter, then straine them, and apply
it warme to the burne, pricke the
water-sucke leaues, & lay them v-
pon it. dressing it twice a day, or
three times if it need. To heale a
sore, put Turpentine, Rosin, and
waxe in it, dressing it with Linte.

For

For the Stitch.

TAke stich-wort, bay leaues, hol-
ly without prickles, of each a
like quantity, the iuyce, grains bea-
ten, drinke it in ale warme.

For the swelling.

TAge the grounds of good Ale,
glovers shreds, and white bread
crummes, and sage, boyle them, lay
it to warme, it will swage the swel-
ling and the ach, it hath beene
proved.

For the tooth-ach.

TAke Organy that groweth close
to the ground that tasteth like a-
qua vitæ, bruse it, lay it to the tooth
Bursa pastoris will do the like.

For a bite, or Fellon, or fore legge.

SEeth a pint of ale to two spoon-
fuls like a syrope, pricke a peece
of leather with a pinn, it will heale
it without breaking: if it be broken,
take lint to the hole with some
salve, let it lie foure and twentie
howres, lay it to cold.

For the scratches of a horse leg,

TAke vineger, mustard seed, gun-
powder, boyle them, wash it
hote three or foure times, proued.

For the Gowte.

TAke mallowes, & sengren, beate
them and boile them in water,
then straine them, put oatemeale
grotes soked in vineger, and sheeps
suet vntried, then boile it to a pol-
tesse, proued.

For

For the Ague.

TAke a red onyon cut small, fixe
and fifty graines of pepper bea-
ten small, bind it to the wrest halfe
an howre before the fit, proved.

For the Gowt.

TAke a fat whelpe of a hound,
scald him like a pigge, garbage
him in the side, take then red net-
tles stamped with two ounces of
brimstone, and foure ounces of
turpentine, foure volkes of egges,
stufte the belly and sowve it vp, rost
it with a soft fire, saue the dripping
oynt the place, it is good for sin-
newes and crampe, it will driue it
away: for the like effect, oyle, net-
tles, white wine, boyle them, ap-
ply them hote.

For the Ciatica.

TAke the gall of a bull, a quart of
wort, boile it to a pint, the put in
a pint

pinte of vineger, frankinsence one ounce in powder, of hony halfe a pound, of commin halfe a pound in powder boyle it thick, spread it on leather, lay it to hote two or three dayes, lay a linnen cloth between the skin and the plaster, the plaster will serue many times, prooved.

For the tooth ach.

A Llom as big as a walnut, garlick an handfull, twenty beanes, an handfull of bay-salt, pepper, beat it together, lay it to the wrests, twenty foure howres, or more.

For to stop the bleeding of a wound.

THe wool of an inck-horne, sanguis draconis, & bollarmonick, and the whites of eggs layd on tow.

For

For a Consumption, eyther for olde folke, yong folke, or chil'dren.

TAke longwort, liverwort, Harts tongue, of each a handfull, redd mints, red sage, mother of time, of each a handfull parsley and fennell rootes, the piths out of each, halfe a handfull, liquorish an ounce, anniseeds an ounce, sceeny two ounces, turbet an ounce, tappe dates two ounces, synamon an ounce, nutmegs two ounces, white sugar candy foure ounces, rubarb an ounce sliced, stampe your spices and your seedes, and beat your other potticary stuffe, and shred your hearbes fine, boile it in 3. quarts of rennish wine to a pottle, strain it, drinke 4. times a day a quarter of a pint at a draught warm, put in a peniworth of aqua vitæ, & as much saffrō beate fine: after it is boyled, if the patient be laxatiue, leaue out your rubard, sceeny, & turbith, and boile it

wort, it is best in wort for childre: for aged folkes that be weak, boile in the stone of a Bore, or a ram, or a horse is best, one stone is enough for one time, you may take one to purge, & another not to purge, the second receipt is enough, purge first.

To make one make water.

TAKE the stones and kernels of peaches and medlers, beat them fine, sift them through a searce, put in sugar, drink it in white wine.

To make a Seave.

TAKE a pound of stone-pitch, as much rosin as a great walnut, & twice so much clean wax, a spoonfull of fresh swines grease, boyle all together till it be well mixt, then coole it in water, then oyle your hands with hogs grease, & labour it in yout hands an howre & more til it will cleave to your hands.

For

For the same, and the best for all manner of aches.

TAke Rosin dim. li. of perrosen a quarter of a pound as much gum masticke, a quarter of a pound of Deere suet, two ounces of Turpentine, one ounce of cloues and mace, of saffron two ounces, and the liqour must be oyle of Roses.

For a great ach, a seueraigne medicine.

TAke sparmacitie eight pennyworth, of oyle two d. of blacke sope halfe a pound, of butter without salt as much as a great walnut, boyle it on a chafindish of coales, half an howre, stirring it wel from the bottome, spread it on leather, as broad and as long as your grief, lay it to foure or five dayes.

*To make a good ointment or salve for
any sore.*

TAKE a good handfull of Sage, as
much of Plantane, as much of
brownwort, as much of hony suc-
kles, as much of tursame, as much
velerion, boyle all these in May-
butter till it be browne, then strain
it, and put in a quantity of Virgine
waxe, then boyle it againe.

*A good receipt for all maner of sores
old or new, named the gift of God,
praise be to him,*

TAKE Beetonie, vervein pimper-
nell, bugle, smallage, plantane,
Scabeas water, Agrimony, of each
a like, stamp them together, boyle
them together in a gallon of white
wine to the thirde parte, then
straine them, and putte to them
a quantity of sheepes suet, and halfe
a pound of waxe, di. li. of Rosin,
di. li.

and Gentlewomen. 141

di. li. pitch, one li. of olibanum, and
boyle it againe.

For bagges in the Fundament.

TAke the yolke of an hard egge
rosted, the oyle of roses, & mary-
gold leaues, beat it together, lay it
to hote.

To kill a Yetter.

TAke greene broome, boyle it in a
quart of running water halfe a-
way, bath it with it.

For the Pestilence.

TAke the water of Beetony, and
pimpernel, turmentill, or Scabe-
as mixe it together, drinke it nine
dayes fasting, and feare no pesti-
lence.

For

*For one that is taken within the
body, or any place.*

TAke Rose cakes, aqua vitæ, and
rose water, heat it on a chafin-
dish of coales, lay it to the stomack,
they shall mend by Gods grace.

For the Ague, or cold.

TAke green Aldersticks, take the
inner rine a handfull, beat them
drinke it in ale fasting, fast 3 houres
walking after it, then eat a caudle.

Another for the ague.

TAke a spoonfull of iuyce of o-
renges, as much aqua vitæ, min-
gle it with a yolke of a new layde
egge in the shell, suppe it vp fasting,
once or twice.

K. Henry the eight his perfume.

TAke six spoonfulls of compound
water, as much of rose water, a
quarter

and Gentlewomen.

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quarter of an ounce of fine sugar,
two graines of muske, two graines
of amber-greece, two of Civet,
boyle it softly together, all the
house will smell of Cloues.

For the Strangurion.

TAke hore-hound one hanfull, &
an halfe, red wine halfe a pinte,
of oliue oyle five spoonesfuls, boyle
it together, put it in a linneu cloth
to the small of the backe, as hote as
may be.

To cleane a wound.

TAke beere, wheat, stone flower
and hony, boyle it thicke, apply
it to.

For the Gowt.

TAke wormewood, walwort,
wheaten bran, Cow dung, and
salt, boile it in vineger, plaister it to
the grieve.

For a Brise.

TAke halfe a pint of sallet oyle, as
much oile of roses, as much aqua

K

vitz

A Closet for Ladies
vita, and three or foure scoore
fnailes that beare shels, stamp them
small, & boyle them to oyle.

To keepe one Laxatiue.

TAke a new laide egge, put oer
the white, then put in new but-
ter vn salted, heat it, then eat it, vse
it often.

*Two remedies very good against
wormes in little Children.*

TAke flowre of wheat wel boul-
ted, as much as will lye vpon 3.
crowns of gold, & put it in a glasse,
and poure into it well water, so
much as wil steepe the said flowre,
and make it looke as it were milke
and no thinner, then giue the child
drinke of it, and you shall see with
his excrements the wormes come
forth dead, which is a very good
remedy.

Tbs

The second remedie against wormes.

FOR children that be so little, that the medicine cannot bee ministered at the mouth, you must take very good aqua vitæ wherewith you must wash or wet the stomach or breast of the child, then powre it vpon the said place with the powder of fine mirrhe, and lay the child down a little while with his breast vpward, and you shall see incontinently the wormes with the childs dung, come forth dead.

To beale children of the Lunaticke disease which happeneth vnto the by reason of a worme with two heads that breedeth in their bodies, the which worme comming to the heart, causeth such a passion in the childe, that oft times it killeth them.

TAKE the tender stalks of a wilding tree, and drie the in the shadow

dew, then stampe them well, & sift them. and take of the said powder and roots of Gention, and of long Pyome, of each of them a quarter of an ounce, & a quarter of an ounce of myrhe, all these well beaten to powder you must put in a dish, or in some other vessell, and moist the with a little water, then take of it with your two fingers, & wet the lips and mouth of the child, do this three or foure times, and you shall see the worrne come forth dead with the excrements.

A remedy for the falling sicknesse.

TAKE germader gathered in May when it is in the blossom, dry it in the shadow, & make it in powder and when you will vse it, take the yolke of an egge or two, & stir and break it with a spoonful of the said powder, then seeth it, and giue it to the patient to eat, do this morning
and

and evening eight daies, abstaining from wine, carnall company of women, from al pulse, beans, pease, fetches, tares and such other, from Salates, salt-fish, and from all other thinges which are hard of concoction and digestion, a very good and notable secret.

*A medicine to cure the biting of all
venemous beasts.*

AS soon as the partie feeleth himselfe bitten with any venemous beast, or as soone after as may bee, take green leaues of a figge tree, & presse the milke of them three or foure times into the wound, and for this serueth also mustard seede mingled with vineger.

*To draw an arrow head or other yron
out of a wound.*

TAke the iuyce of valerian, in the which, wet a tēt, & put into the
K 3 wound

wound, laying the said heare vpon it stamped, then make your binder as best fitteth, and by this meanes you shall draw forth the yron, and after heale the wound.

For a knocke o' fall, causing a bunch vpon the head.

TAKE an ounce of bay salt, raw hony three ounces, comin three ounces, turpentine two ounces: nungle all these well vpon the fire, then spread it vpon a linnen cloth, and make thereof a playster, & lay it hote to his head, the which will assuage the swelling, and heale the hurt.

A secret remedy against the pluresie.

OPen a white loafe new baked in the middle, & spread it well with good Treacle on both parts, vpo the crummy sides, & heat it at the fire the lay one part vpon the place of the disease, & the other part on the
the

the other side of his body directly, and so bind them that they stir not leaving them so a day and a night, or vntill the impostume breake, & then take away the bread, and immediately the patient wil spit forth the putrifaction of the impostume, and when he hath slept a little, let him eate, and by Gods helpe hee shall shortly be well.

A very good remedy for a wound with a sword, staffe, stone, or such like.

TAke Taxus Barbarus, stampe it and take the iuyce of it, and if the wound bleed, wipe it, & make it cleane, washing it with white wine or water, then put the iuyce vpon the wound, and the hearbe vpon it, out of the which you tooke the iuyce, then bind vp the wound, and in one day you shall see a wonderfull effect.

*Against the disease or grieve of the
flanke, and the chollicke passion,
experimented, and proved divers
times.*

TAke halfe a glasse or lesse of the
iuyce of Barberies, whē they be
very ripe and red, and put into it as
much red Corral as will lie vpon
2. groats well broken into powder.
& giue the patient to drink therof.

*Another perfect remedy for the same
disease and to make a man pisse
within halfe an houre, that hath
not made water in three or foure
dayes, and will breake the stone
within ten or twelue dayes.*

TAke fine powder of Virga aurea
and put a spoonefull of it into a
new layd eg, soft roasted, & giue the
patient thereof in the morning to
his breakfast, & let him not eate in
foure houres after, & then shall he
make

and Gentlewomen. 151

make water in lesse then halfe an hower, and let him vse this for the space of ten or twelue daies as aforesaid, the patient shall voide the stone without any paine or grieve.

A remedy for spitting of bloud occasioned by the breach of some vaine in the breast.

TAke mife dung beaten in powder, as much as will lie vpon a groat, and put it inko halfe a glasse full of iuyce of plantane with a little sugar, and so giue the patient to drinke thereof in the morning and evening: continuing the same, he shall be sound.

Against the grieve of the lungs, and spitting of bloud, a remedy experimented and tried.

TAke an hearb called farfara, or Tusfilago of the Apothecaries Vngula cabellina, in English called Colts

A Closet for Ladies,
Colts foot in French, *pat de lion*,
incorporate it well with the lard of
a hog clepped, & a new laid egge,
boile altogether in a panne, & giue
the patient of it to eate nine mor-
nings: this is also good to make one
fatte.

Against a stinking breath.

TAke Rosemary leaues with the
blossoms, if you can gett them,
& seeth them in white wine with a
little mirrhe and Cynamond, and
you shall find a marvailous effect, if
you vse it often in your mouth.

*Against the biting of a mad dog, and
the rage or madnes that follow-
eth the party bitten.*

TAke the blossoms or flowers of
wild thistles dried in the shade
& beaten into powder, halfe a nut-
shell full, put into white wine and
drinke

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drinke it & in thrice taking it you shall bee whole. A thing tried and experimented.

A medicine for watry eyes.

TAke a red coleleafe, and anoint the leafe with the white of an egge, when you goe to bed lay the same to your eyes.

A medicine for sore eyes.

TAke a little ground Ivie & strain it and womans milke together, and let it be somewhat greene of the Ivy, and then drop a droppe or two into the eyes.

Another for the same.

TAke Fennell water stilled, and ling hony, and mingle them together, and put a drop or two into the eye, these are approved.

To

*To make water for the eyes to kill
the heat of any sore.*

TAke redd Sage and boyle it in
Smithes water, vntill the third
part be consumed, then straine out
the Sage very hard, & put into it a
quantity of the liquor, a penny-
worth of Allom, and as much of
white coperas, after you haue take
it from the fire, and annoynt your
eyes therewith.

Another for the same.

TAke the leaues of red brambles,
and of plantane, and hony suc-
cles and boyle all them in running
water, from a quart to a pint, and
vse it to the sore.

*A medicine for the pinne, and webb
in the eye.*

TAke the white of an egge, being
hote, take out the yolke cleane
and

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and put thereto a good quantity of
sugar-candy, then straine it hard
through a cloth, & therewith make
a water, & every day two or three
times drop it into the eyes.

A medicine to cleare the sight.

TAke red rose-water, clean mirh
as much as a nut, and breake it
into powder, and bind it in a linnen
cloth, and let it lie in the water, 12
howres, the take of this water and
put in your eyes, and it will clerre
your sight.

For a pearle in the eye.

TAke red Fennell, & the leaues
and rootes of white daisies, vse
them without any liquor. and put
together three spoonefulls of cy-
ther of them, then take one
good spoonefull of clarified ho-
ny, and two or three spoonefulls of
womans milke, and droppe this
into

into your eye, three or foure times a day, and if there bee any sight in the eye, this will cure it.

For eyes that are blasted.

TAKE a toft made of broun bread and lay it in redde wine that is not mingled, and let it lie vntil it be soaked half an houre, then put it into a fine cloth, in two peeces, for each eye one, and the fine cloath must be betweene the eye and the toft, dresse it when you goe to bed at night.

To purge the head and eye sight.

TAKE the iuyce of Hei-hoo, and put it into your nostrils, & the steame shall follow, and the running water.

For the eyes that be red and sore.

TAKE Fennel, Vervein, Roses, Sallendine, and Rue, of each two ounces,

and Gentlemen.

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ounces, and distill it all together, & when need is, then put a droppe or two into the sore eye, for it is good for all maner of diseases in the eye.

Against the paine of the eyes.

TAke the yolk of an egge, roasted hard, & laid to with rose oyle & saffron, the iuyce of Basil put in.

For to see well.

TAke Eye-bright, red Fennell, of each halfe a handfull, of Rue one quarter of a handfull, cause these to be distilled, and wash your eyes dayly with the water.

For the aking in the legge.

TAke a peece of soure leaven, and as much barme, and as much blacke sope, & temper them all together, & so spread it vpon a linnen cloth

A Closet for Ladies,
cloth, and put it to your leg, where
the heate is, and change it twice a
day, and by Gods help it wil heale
you in three or foure dressings.

A dyet drinke for the consumption.

TAke a gallon of running wwater,
measured by ale measure, & put
thereto an ounce of Cynamon, an
ounce of cloues, and an ounce of
mace, a dramme and a halfe of Ac-
ter roots, and boyle it vntil it come
to three quarts, let this be your on-
ly drinke till you doe mend.

A medicine for the head-ach.

TAke a handfull of Rosemary, &
two handfals of Bittony, and a
spoonefull of hony, and seeth them
all in Malmesey, and wash your
head therewith.

Ans-

Another for the head-ach.

TAke fine nutmegges, and grate them, and seeth them in malmesey till they be thicke, and make a plaster thereof, and lay it to your Temples.

For wind & shootings in your head.

TAke Egremony and Cynamon, and bray them, and put them in ale, and lay it to the temples of the head, and if the paine remoue, lay it where the paine removeth.

Another for the head-ach.

TAke a handfull of Camomill, a handfull of penneryal, a handfull of sage, a handfull of wheat brannt, chop them altogether small; & boile them in a pint of sharpe vinegar till they be thicke, and thereof make a playster and lay it to the temples of

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the head as hote as you may suffer it, and it shall (by Gods helpe) doe you good.

Another for the same.

TAke a peece of raw beefe, & lay on the nape of your necke, and shift it every night when you go to bed, and vse this as often as you see good proved.

Another for the same.

TAke an ounce of oile of Roses, two ounces of white vinegar, & ounces of plantane water, mix these together, and wet a linnen cloth in it, and lay it to the Temples.

A medicine for Megrain in the head.

TAke Housleeke, and garden worms, the greater part being housleeke, stampe them together, & put thereto fine flower, and make a plaster in a fine cloth, and lay it to the forehead and temples.

Ans.

and Gentlewomen,

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Another for the same.

TAke musterd seed, and temper it with Vineger, and make an oyntment therefore, and lay it to the temples in a plaster, and an other in the nape of the necke behind, where it is not sore, and it will avoyd, and shortly be whole.

A medicine to keepe up the pallat of ones month.

TAke a peece of wheaten leaven and commin seed beaten in a mortar, a quantity of bay salt, and red rose vineger, and red rose water, put them into a bag of cloath, and lay it to the mould of the head.

To drie up Rhuma in the head.

TAke a quantity of dried rose leues the flower of Camamil, Bassell,
L 1 Marge-

Margerum all dried, a quantity of Cloues and mace, grose bruſed, a Nutmeg, and a quantity of dill ſeed, all quilt in a cap.

A Poultis to coole any place, eyther face, or any where else, that is red and full of hote pimples.

TAke houſleeke, mallowes, purſlane, water roſes, called numium, beate all theſe, and take the iuyce of them, and put a little oyle of roſes to them, and waſh the place with it, or ſtamp the hearbes till they be thicke like pappe, then ſeeth it with a little roſe oyle and waxe, and then you may lay it on as a plaſter.

Agaiſt red pimples of the face.

TAke an ounce of Canphire as much of brimſton beatē, mirh, frankincenſe, of each foure drams, of roſe water a pound, put al theſe in a glaſſe,

glasse, & set it in the sun ten dayes,
and then lay it on the places.

Another.

TAKE the distilled water of ashe
tree, tamaredes oft eaten, wine
of strawberries layd vpon the face.

Another.

TAKE the distilled water of mul-
lune, & a little champhire mixed
together, and layd to the face.

*A medicine for them that are deafe,
so that they haue heard before.*

TAKE iuyce of Bittaine, womans
milke that hath a man childe,
mingle them together, and dippe
a peece of blacke wooll into it,
and put a peece of it into your
eare, for the space of ten or Elea-
ven daies or more, if it happen that
this will not take away the deafe-

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nes, then take the milke of a Cow,
and seeth it with oate-meale, and
iuyce of bittany, and lay it playster
wise over the eares, night and day
for a long time.

To make an ointment for a red face.

TAke halfe an ounce of Cam-
phire, and two drams of Sul-
phur vinum & an ounce of Deeres
suet, melt the suet and the Cam-
phire together, then put in the
Brimstone, fine ground in a mor-
ter, when the other is almost cold,
and set them no more over the fire
after the brimstone is put in: These
being laid on all night, will take a-
way the heat and the pimples.

Another for the same.

TAke as much mercury sublimate
as a bean, and twice as much al-
lom, & put them in a quart of faire
water, & boile them together with

two

two or three cornes of bay salt, and bath your face therewith often in a day with the same cold, & open the pimples with your fingers, before you wash.

For a sore mouth.

TAke a quart of white wine, & a quart of water, & a pint of wine vinegar, & a good quantity of red sage, two pennyworth of Mercury and halfe an ounce of roch Allom, and a quantity of Rosemary, and a greater quantity of woodbine leas, and three spoonfulls of hony, seeth them together, and wash your mouth therewith.

A water for a canker, & sore mouth

TAke Rosemary croppes, Sage, Singfield, woodbine leas, Allom, liue hony, or pure hony boyled in spring water, halfe a handfull of each of the foresaid herbes boyled in three pintes of water, til they be boyled a third part away, and keepe it in a glasse stopped,

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and wash your mouth with it.

*For a canker, and sores in the
mouth.*

TAke two ounces of fine coperis
beaten into powder, halfe a pint
of fair water, & let the same cope-
ris be distilled or steeped two daies
& two nights, then strain the same
softly through a linnen cloth, then
take a spoonfull thereof, and wash
your mouth & throat with it soft-
ly, blood-warme, but drinke none
of it: this medicine will not con-
tinue good above fourteene dayes,
therefore you must make it fresh as
occasion serues, you must take it
morning and evening.

*A medicine for the mother in a wo-
mans side that riseth.*

TAke Aqua composita and beate
bay berries in powder, and put
it into the aqua-composita, & put a
spoonfull

and Gentlewomen. 167

spoonfull or two in a draught of
beere or ale, and so drinke it.

*A medicine for the pricking of a nee-
dle, or thorne in the ioynt.*

TAKE fayre boulded flower of
wheat, and temper it with wine
white or red, & a little oyle oliue,
and a few rose leaues, & seeth them
together till it be plaister thicke, &
lay it to so hote as you can suffer; it
will draw forth the needle, & ease
the ach.

*A medicine for a canker that
eateth mans flesh.*

TAKE wheatebranne of the smal-
lest powder, the iuyce of Smal-
lege, the iuyce of wood bine, and
burnt allom, beate into powder, &
a little hony, mingle all these toge-
ther, and make a playster of it, and
lay it to the sore, and it shal destroy
the Canker.

Fo

For a bruiſe.

TAke Virgine waxe, and Commin ſeede well beaten, mixe them together, and lay it to the bruiſe plaſter-wiſe.

For a white Scalde.

TAke ſallet oyle beaten with the whites of egges til they be thoroughly wrought together, cut away the heare, and ſo annoynt the head and lay a bladder vpon it.

A medicine againſt all Rickets.

TAke linſeed, and boile it in new milke, and make a plaſter therof and lay it to the place grieved.

A medicine for a ſore breſt.

TAke groundſill & chop it ſmal, the groundes of ſmall beere, whea-

and Gentlewomen. 269

wheaten bran, & sheepes suet beaten in a mortar, and boile them altogether, and lay it plaster wise to your breast.

A medicine for swelled breasts.

TAke white wine, wheat branne new bolted, rose leaues, old & new, seeth them vntill they bee thicke, then lay it to the breast as hote as she may suffer it, from euen till morning, & shift it againe.

To breake the fleame of the breast.

TAke butter without salt, & honny of each a quantity, faire bitter Almonds, blanch them, & beat them fine, and eate a little every day.

A very good medicine for any ach or sore breast, often approved.

TAke frankinsence, fine wrought wax, Boares grease, and Rosin,
of

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of every one of them a like quantitie, and seeth them together to a cake, spread it on a cloth as broad as the sore or paine is, and lay it to foure and twenty houres, or twelue at the least.

An approved medicine for a sore breast.

TAke a handful of mallows, seeth them very soft in faire water, & then let the water run away from the mallowes, then chop or shredd them, then put them in a dish with bores greale, and heate them very hote, and lay it in a plaster of linnen cloth to your breast, as hote as you can suffer, three or foure times a day heating it, this hath been approved very good.

A remedy for the pains of the breast.

TAke hysope, parslly and sage, stanp them together, & lay the to the breast, & they wil be whole.

Ans.

*Another for the Hopping of the
breast.*

TAke Rew, and seeth it with alle-
gant, and drink it three or foure
times.

A medicine for the bloody fluxe.

TAke as much fine linnea cloath
as wil make a suppositary being
rapped together button wise, then
wet the same in the best aqua vitæ,
or aqua composita, and let the par-
ty grieved convey the same into his
fundament, & it will help them by
the grace of God, within three or
foure dressings: this is approved &
hath holpen many that haue beene
brought low, & thought past cure.

*Doctor Smithes medicine for the
collicke and stone.*

TAke posset ale made of rennish
wine, boyle Camomil, running
time, parcels, pellitory of the wall,
with

with a good spoonfull of commin
seedes, till the third part and more
be consumed, the strain them with
suger sufficient, drinke a good
draught warme, and vse it as occa-
sion serveth.

*A medicine for the chin-cosse for a
Child.*

TAke boares grease, and warme
the soles of the feet to the fire,
and chaffe them with that, and goe
to bed, and keepe it warme, and lap
clothes to it.

To stay a Laxe.

TAke halfe a quarter of a pound
of Almonds, and parch them v-
pon two new tiles, beat them in a
mortar, and take a quart of fair wa-
ter and set it on the fire, and put
halfe a handfull of knotte-grasse,
and halfe a handfull of plantane
Leaves, and let them seeth a
good while, then take the water,
and

and Gentlewomen.

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and straine the foresaide Almondes therewith, and make an Almonde milke thereof, and put in a peece of sugar, then take date stones, and beare them to powder, as small as may be, and put some of that powder into the almond milke, so drink it luke-warme.

*An excellent medicine for a child
that cannot part with his water,
or urine.*

TAke three or foure hiee bees, kil them, then drie them vpon hote slate, being through drie, bruisse them to smal powder, then put the powder into a quart of small ale, & giue the sicke to drinke, and he shal haue present remedy.

*A medicine for the paine of swelling
in the stomacke.*

TAke a good quantity of rosemary flowers, boile the in whit wine
and

and as hote as may be suffered, apply it to the stomacke.

*An approved medicine for the
Spiee. e.*

TAKE a quart of claret wine, a pint of oyle of oliffe two good handfuls of camomill, being shred small, and boyle the wine and camomill together from a quart to a pint, and annoynt the hardnesse of the Spleene, morning and evening therewith, and it will dissolue.

*A medicine for a fellone or
andcome.*

TAKE rustie bacon, & Coléwort leaues stamp them together, the take a peece of dogs leather, being pricked full of holes, and spread it vpon the leather, laying it to the sore twice a day, and when it be- ginneth to heale, but once a day.

A

and Gentlewomen.

A medicine for the itch of the body.

Take sweet butter, lymvrought
wax, vinegar, limstone, a
little rose water, red clout whole,
boyle them together, till they bee
like a salve, then anoynt the flesh,
three sundry nights by the fire
therewith, and no more.

*A medicine for the Canker in the
body.*

Take Bollarmonicke, rock al-
lom, and hony, then beat them
to powder, take twice as much of
the allom, as of the Bollarmonicke,
and stirre them together, till they
come to a salve, and so anoynt the
sores.

*A medicine for the haire or ache in
the body, or legs, or elsewhere.*

Take red docke rootes, and take
out the over pith, & seeth them

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In running water, then draw the water fro the, & beat it with thick cream, and so annoyne the place that is grieved, or with a cloth dipped in the same, and layd over the place.

A medicine good to ease the body

Take hawme, and lay it in white wine, till it be well steeped, and then distill it: the water thereof is good for any disease that is in the body, but you must distill the wine and all together, drinking a spoonful or two in the morning, proved.

A medicine for a Fistula

Take verrión, & drie it vpon a tile & make powder thereof, & make cleane the sore with a linnen cloth, and fill the hole full of the powder.

*A remedy for one that vomit
lett for much.*

Take Coliander seedes, fine beat
in powder, and drinke it with
white water.

To make a searecloth for all manner
of aches.

TAke a pound of vnvrought
waxe, halfe a pound of rosin, two
ounces of Frankinsence, a pound &
a halfe of sheeps suet, & boile them
altogether, & strain them in a fayre
bason, and then put them in a cha-
findish of coales, and dip a linnen
cloth therein, and so lay it to the
sore.

A medicine for a Ring-worme,
or Tetter.

TAke red docke rootes, and slit te
them, and lay them in vineger, &
so wash the ring-worm or tetter.

A medicine for the Ritche.

TAke wheat flower, & bake a cake
of it, & cut it in the midst, then strike
the dowe sides all over with tarre,

and lay it to the patient, as hote as may be, you must lay the one halfe of the cake to the one side of the patient, the other halfe to the other side.

A Poultis for all maner of swelling.

TAKE a lapfull of wild Mallows, and seeth them in running water, till they be tender, and then swing them, and chop them small, then take a peunyworth of sweete butter, and the crummes of white bread, and put the mallowes and all, into a quart of milke, and seeth it till it be thicke, and stirre it well, then lay it to the grieve, as warme as can be suffered.

A medicine for the Congh.

TAKE mustard seeds, & put it into figs, & seeth it in ale, & drink it.

A medicine for the Asthema.

TAKE Rosin, and beat it very fine & put it into sallet oyle, & white wine

and Gentlewomen.

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Wine and drinke it, and it will do
you good.

A medicine for the bloody fluxe.

TAke the pilles of Pomegranat,
beat them, and drinke them
with red wine, morning and eue-
ning blood-warme, and heate a
bricke red hote, and lay it vnder a
close stoole, and cast Rosemary
and Malmesey on it, and let the pa-
tient sit over it.

A very good medicine for the Piles.

TAke the hard rowe of red her-
ring, & rost it hard, then take
the seedes of netles, & beat them
together small, then beate them
with barrowes grease, and boile
them toge ther, and annoynt the
piles therewith, then take a cha-
findish of cooles & set it vnder a
close stoole, and cast a little
Frankinsence thereon, and let the
patient sit over it, when they be

M 3 annoynt

A Clafet for Ladies
 annoynted with the foresaid oyn-
 tment.

A medicine for a burne.

TAke oyle of roses, and womans
 milke, and put it into the open
 place, and it will heale it.

Another for the same.

TAke a linnen cloth clean washt,
 and burne it, and make a powder
 thereof, and take the oyle of egges,
 and annoynt the sore, then strawe
 the powder thereon.

A medicine for the Dropfie.

TAke Annyseeds, coriader seeds,
 spignard of Spaine, vse this in
 your meat & dinke eight dayes to-
 gether, and it will doe you good.

A medicine to drie a sore.

TAke a pot of smiths water a quar-
 tern of roch allom, halfe a pinte
 of

and Gentlewomen.

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of oyle of oliues, and put thereto a handfull of sage, and boyle them together till they be halfe consumed, then vse it to the lofe, and it will drie it.

*A medicine for an ach that cometh
against raine.*

TAKE the horns of a stag, cut them in smal peeces, and boyle them in water, till it bee consumed from a gallon to a quart, then poure the water from the bones, and it will gelly when it is cold, and therewith annoynt the grieved place against the fire, evening and morning.

A medicine for a burne or scald.

TAKE mallowes and smalege, and seeth them in water, and when they be tender, take them forth, & wring out the water cleane, chop them small, and sette them on a Chafingdish of coales, and put

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A Closet for Ladies,
to it a little sheepes suet, and make
of it a salve, and lay it to the sore
place thicke, and lay a cloth vpon
it, and tie it on.

A salve for any old sore,

TAke the inner rinde of an oake
that is not very olde, and burne
it to a coale, then quench it, and
make thereof a powder, & temper
it with the yolke of an egge, and
make thereof a salve.

To make a drink for a burning ague.

TAke a quart of running water,
and halfe a pint of Vineger, half
a quarter of a pint of Rose-water, a
quarter of a pound of Sugar, and
one sticke of Cynamon, and boyle
them all together, let it coole, and
give the sick to drinke.

A Medicine for the heat of the liver.

TAKE wort of the first Tap, and drinke it euery morning next your heart for a moneth together, and it will helpe you.

*A medicine to make a yong child
goe to scoole.*

TAKE May butter, and chafe the Navell therewith against the fire, then take some blacke wooll that groweth betweene a blacke sheepes legges, and dippe it in the May butter, and drie it, then lay it to the Navell: it is good for an old man also that cannot take no inward medicine.

*An approved Medicine for the Navell,
when it commeth out with
crying.*

TAKE wax which is vsed noother way, but to take the hony from it, & when you haue an occasion, melte.

melt some of the waxe in a saucer,
and dip blacke wooll in it, and lay
it to the navell, and it will helpe it.

*A medicine for the swelling of a
Childs Cords.*

TAKE redde rose leaues, and bray
them, & boyle them in red wine
an houre then wet a cloth in it, &
lay it to the childs navell, as hote as
you can suffer it.

A medicine to stanch the fluxe.

TAKE a saucer full of the iuyce of
of Milfoile, and as much of the
iuyce of plantine, & wheat flower,
and temper it with the iuyce of the
hearbes, and so make a cake of it,
and bake it, and eate it hote.

*For to stanch blood at the nose, or at
a veyne that is cut, proved:*

TAKE feathers burned to powder,
and lay it vpon the vaine that is
cutt,

and Gentlewomen. 185

cut, and also take a wet cloth, and lay it round about the members & wet the cloth three times, and lay it to cold every time, and it shall stench wheresoever it be proved.

For to helpe a drunken man, or woman for ever.

GIue him a purgation, and after that, giue him a swallow to drinke in powder, for the space of twelue dayes, and for a monethes space giue him every day to eate 4 Almonds with 4 leaues of woode beaten, you must eate them in the morning next your heart, proved.

For Scabbes.

TAke Snayles and pricke them, and take the water that cometh out of them, and annoint the scabbes therewith, and take vine leaues, and bind them to the scabs, and doe it every morning & evening.

evening, and you shall be whole,
proved.

To drie Scabs.

TAke gumme-arabecke, & put it
in rose water till it be consumed,
and wash them therewith, proved.

*For the Palsie, or shaking in the
hands.*

TAke Sell and Eysell, and seeth
them together, and wash thy
hands therewith, and eat sage with
mustard fasting.

*To restore a man to Nature that is in
a Consumption.*

TAke the oldest Cocke you can
get, scald him and draw him, &
cut him al in pieces in a glassen pot,
and stoppe him as fast as you
can, and put amongst these pee-
ces, cloues, mace, small rea-
sons, and salt, and then put this
glasse into a great potte, and let
all these seeth together, till they
be

and Gentlemen.

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be a gelly, & then straine it into a cleane vessell, and giue it to the sicke first and last, blood warme.

To restore the Braine.

TAke powder of Bittany and vse it in your pottage, it will restore the braine, and destroy the stone.

For a perillous Cough.

TAke Sage, Rue, and Commin, and stampe them with pepper, seeth them together with hony, & thereof make an Electuary, and vse thereof a spoonesfull Evening and Morning, and by the helpe of God it shall doe you good.

For them that cannot see, and haue red eyes.

TAke white vinegar, & rub vpon a whetstone in a fair bason, and take as much salt as powder, and grind them wel together in a bason and

and temper them with wine, and let it stand a day & a night, and put it in a violl of glasse, you must take the thinnest that standeth aboue in the bason, and put in your glasse, & whē the patient goeth to bed, take a tethier, and wet therein, and annoint your eyes.

To annoint the face, and to make it white.

Take fresh bacon grease, and the whites of egges, and stamp them together, and a little powder of bayes, and annoint your face therewith, and it will make it white.

For a faire face, present another way.

Take Phaulme & white vinegar, and still them together, & wash your face therewith fiftene dayes, morning and evening, & after this, drinke a draught of vinegar in the morning, once in three dayes.

To make the face white and faire.

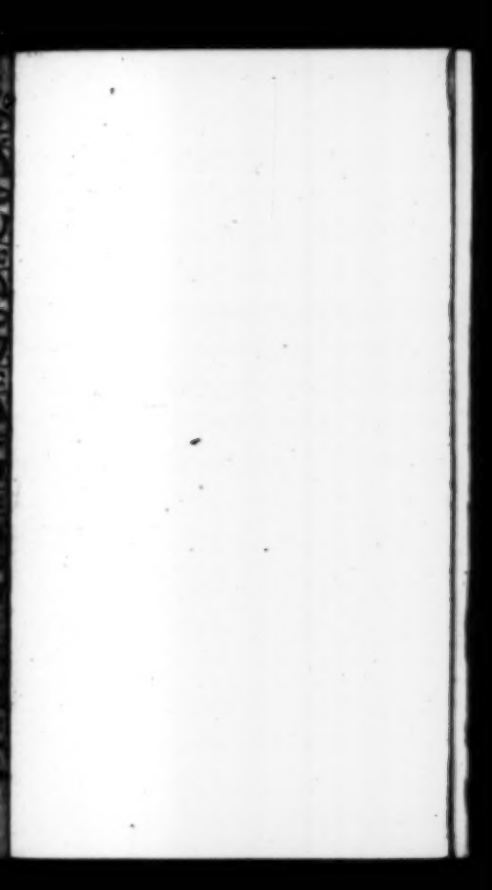
TAke Rosemary and boyle it in white wine, and wash thy face therewith, and you shall bee faire, then take Brigan and stampe it, & take the wyce thereof, and put it all together, and wash thy face therewith, proved.

To helpe the face with red pimples.

TAke Bay-barries, and plucke off the huskes, & make fine powder thereof, & temper it with hony, & annoyne thy face therewith six times, and it will helpe you.

To draw broken bones forth of the head.

TAke Rittory, Vervin, and Rue, & stampe them all together very small and put thereto Rye meale, or wheat, & the white of an egge & make a plaster, & lay it to the head.



of every one of them a like quantitie and seeth them together to a cake, spread it on a cloth as broad as the sore or paine is, and lay it to foure and twenty houres, or twelue at the least.

An approved medicine for a sore breast.

TAKE a handfull of mallows, seeth them very soft in faire water, & then let the water run away from the mallows, then chop or shredd them, then put them in a dish with bores grease, and heate them very hote, and lay it in a plaster of linnen cloth to your breast as hote as you can suffer, three or foure times a day heating it this hath been approved very good.

A remedy for the pains of the breast.

TAKE hysope, parsly and sage, stamp them together, & lay the to the breast, & they will be whole.

Ans.

*Another for the stopping of the
breast.*

TAKE Rew, and seeth it with alle-
gant, and drink it three or foure
times.

A medicine for the bloody fluxe.

TAKE as much fine linnen cloath
as wil make a suppositary, being
rapped together button wise, then
wet the same in the best aqua vitæ,
or aqua composita, and let the par-
ty grieved convey the same into his
fundament, & it will help them by
the grace of God, within three or
foure dressings: this is approved, &
hath holpen many that haue beene
brought low, & thought past cure.

*Doctor Smithes medicine for the
collicke and stone.*

TAKE posset ale made of rennish
wine, boyle Camomil, running
time, parcely, pellitory of the wall,
with

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with a good spoonfull of commin feedes, till the third part and more be consumed, the strain them with sugar sufficient, drinke a good draught warme, and vse it as occasion serueth.

A medicine for the chin-cosse for a Child.

TAKE boares grease, and warme the soles of the feet to the fire, and chaffe them with that, and goe to bed, and keepe it warme, and lip clothes to it.

To stay a Laxe.

TAKE halfe a quarter of a pound of Almonds, and parch them vpon two new tiles, beat them in a mortar, and take a quart of fair water and set it on the fire, and put halfe a handfull of knotte-grasse, and halfe a handfull of plantane Leaues, and let them seeth a good while, then take the water, and

and Gentlewomen.

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and straine the foresaide Almond
therewith, and make an Almonde
milke thereof, and put in a peece of
sugar, then take date stones, and
beare them to powder, as small as
may be, and put some of that pow-
der into the almond milke, so drink
it luke-warme.

*An excellent medicine for a child
that cannot part with his water,
or urine.*

Take three or foure hiee bees, kil
them, then drie them vpon hote
plate, being through drie, bruisse
them to smal powder, then put the
powder into a quart of small ale, &
giue the sicke to drinke, and he shal
haue present remedy.

*A medicine for the paine of swelling
in the stomacke.*

TAke a good quantity of rosemary
flowers, boile the in whit wine
and

and as hote as may be suffered, apply it to the stomacke.

*An approved medicine for the
Spleene.*

TAKE a quart of claret wine, a pint of oyle of oliffe, two good handfuls of camomill, being sliced small, and boyle the wine and camomill together from a quart to a pint, and annoynt the hardnesse of the Spleene, morning and evening therewith, and it will dissolue.

*A medicine for a fellone or
andcome.*

TAKE rustie bacon, & Colewort leaues stamp them together, the take a peece of dogs leather, being pricked full of holes, and spread it vpon the leather, laying it to the sore twice a day, and when it be- ginneth to heale, but once a day.

A

A medicine for the itch of the body.

TAke sweet butter, vnwrought
waxe, vinegar, brimstone, a
little rose-water, red cloues whole,
boyle them together, till they bee
like a salve, then annoynt the flesh,
three sundry nights by the fire
therewith, and no more.

*A medicine for the Canker in the
body.*

TAke Bollarmoniacke, roch al-
lom, and hony, then beat them
to powder, take twise as much of
the allom, as of the Bollarmoniack,
and stirre them together, till they
come to a salve, and so annoynt the
fore.

*A medicine for the heat or ache in
the body, or legs, or else where.*

TAke red docke rootes, and take
out the over pith, & seeth them
M in

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in running water, then draw the water fro^t the, & beat it with thick cream, and so annoynt the place that is grieved, or with a cloth dipped in the same, and layd over the place.

A medicine good to cleanse the body.

TAke bayme, and lay it in white wine, till it be well steeped, and then distill it: the water thereof is good for any disease that is in the body, but you must distill the wine and all together, drinking a spoonful or two in the morning, proved.

A medicine for a Fislu'a.

TAke vervon, & drie it vpon a tile & make powder thereof, & make cleane the sore with a linnen cloth, and fill the hole full of the powder.

A remedy for one that vomiteth too much.

TAke Coliander seedes, fine beatē in powder, and drinke it with mintewater.

To

*To make a searecloth for all manner
of aches.*

TAke a pound of vnwrought
waxe, halfe a pound of rosin, two
ounces of Frankinsence, a pound &
a halfe of sheeps suet, & boile them
altogether, & strain them in a fayre
bason, and then put them in a cha-
findish of coales, and dip a linnen
cloth therein, and so lay it to the
sore.

*A medicine for a Ring-worme,
or Tetter.*

TAke red docke rootes, and slit te
them, and lay them in vine ger, &
so wash the ring worm or tetter.

A medicine for the fitch.

TAke wheat flower, & bake a cake
& cut it in the midst, then strike
the dowe sides all over with tarre,
M a and

and lay it to the patient, as hore as may be, you must lay the one halfe of the cake to the one side of the patient, the other halfe to the other side.

A Poultis for all manner of swelling.

TAke a lapfull of wild Mallows, and seeth them in running water, till they be tender, and then swing them, and chop them small, then take a peunyworth of sweete butter, and the crummes of white bread, and put the mallowes and all, into a quart of milke, and seeth it till it be thicke, and stirre it well, then lay it to the grieve, as warme as can be suffered.

A medicine for the Cough.

TAke mustard seeds, & put it into figs, & seeth it in ale, & drink it.

A medicine for the Mother.

TAke Rosin, and beat it very fine & put it into sallet oyle, & white wine

and Gentlewomen.

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Wine and drinke it, and it will do you good.

A medicine for the bloody fluxe.

TAke the pilles of Pomegranut, beat them, and drinke them with red wine, morning and evening blood-warme, and heate a bricke red hote, and lay it vnder a close stoole, and cast Rosamary and Malmesey on it, and let the patient sit over it.

A very good medicine for the Piles.

TAke the hard rowe of red her-ring, & rost it hard, then take the seedes of nettles, & beat them together small, then beate them with barrowes grease, and boile them together, and annoynt the piles therewith, then take a chafindish of cooles & set it vnder a close stoole, and cast a little Frankinsence thereon, and let the patient sit over it, when they be

M 3

annoynt

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annoynted with the foresaid oym-
ment.

A medicine for a burne.

TAke oyle of roses, and womans
milke, and put it into the open
place, and it will heale it.

Another for the same.

TAke a linnen cloth clean washt,
and burne it, and make a powder
thereof, and take the oyle of egges,
and annoynt the sore, then strawe
the powder thereon.

A medicine for the Drop sic.

TAke Annyseeds, coriander seeds,
spignard of Spaine. vse this in
your meat & drinke eight dayes to-
gether, and it will doe you good.

A medicine to drie a sore.

TAke a pot offsmiths water a quar-
tern of roch allom, halfe a pinte
of

and Gentlewomen. 181

of oyle of oliues, and put thereto a handfull of sage, and boyle them together till they be halfe consumed, then vse it to the sore, and it will drie it.

A medicine for an ach that commeth against raine.

TAke the horns of a stag, cut them in smal pecces, and boyle them in water till it bee consumed from a gallon to a quart, then poure the water from the bones, and it will gelly when it is cold, and therewith annoynt the grieved place against the fire, evening and morning.

A medicine for a burne or scald.

TAke mallowes and smalege, and seeth them in water, and when they be tender, take them forth, & wring out the water cleane, chop them small, and sette them on a Chafingdish of coales, and put

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to

A Closet for Ladies,
to it a little sheepes suet, and make
of it a salve, and lay it to the sore
place thicke, and lay a cloth vpon
it, and tye it on.

A salve for any old sore.

TAKE the inner rinde of an oake
that is not very olde, and burne
it to a coale, then quench it, and
make thereof a powder, & temper
it with the yolke of an egge, and
make thereof a salve.

To make a drink for a burning ague.

TAKE a quart of running water,
and halfe a pint of Vineger, half
a quarter of a pint of Rose-water, a
quarter of a pound of Suger, and
one sticke of Cynamon, and boyle
them all together, let it coole, and
giue the sicke to drinke.

A Medicine for the heat of the liver.

TAke wort of the first Tap, and drinke it euery morning next your heart for a moneth together, and it will helpe you.

*A medicine to make a yong child
goe to skole.*

TAke May butter, and chafe the Navell therewith against the fire, then take some blacke wooll that groweth betweene a blacke sheepes legges, and dippe it in the May butter, and drie it, then lay it to the Navell: it is good for an old man also that cannot take no inward medicine.

*An approved Medicine for the Navell, when it commeth out with
crying.*

TAke wax which is vsed noother way, but to take the hony from it, & when you haue an occasion, melte

A Closet for Ladies,
melt some of the waxe in a saucer,
and dip blacke wooll in it, and lay
it to the navell, and it will helpe it.

*A medicine for the swelling of a
Childs Cods.*

TAke redde rose leaues, and bray
them, & boyle them in red wine
an houre then wet a cloth in it, &
lay it to the childs navell, as hote as
you can suffer it.

A medicine to stanch the fluxe.

TAke a saucer full of the iuyce of
of Milfoile, and as much of the
iuyce of plantine, & wheat flower,
and temper it with the iuyce of the
herbes, and so make a cake of it,
and bake it, and eate it hote.

*For to stanch blood at the nose, or at
a veyne that is cut, proved.*

TAke feathers burned to powder,
and lay it vpon the vaine that is
cutt

and Gentlewomen.

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cut, and also take a wet cloth, and lay it round about the members & wet the cloth three times, and lay it to cold euery time, and it shall stench wherefoever it be proved.

For to he'pe a drunken man, or woman for ever.

Giue him a purgation, and after that, giue him a swallow to drinke in powder, for the space of twel e dayes, and for a monethes space giue him every day to eat 4 Almonds with 4. leaues of woode beaten, you must eat them in the morning next your heart, proved.

For Scabbes.

TAke Snayles and pricke them, and take the water that com me. h out of them, and annoint the scabbes therewith, and take vine leaues, and bind them to the scabs, and doe it every morning & evening,

evening, and you shall be whole, proved.

To drie Scabs.

TAke gumme-arabecke, & put it in rose water till it be consumed, and wash them therewith, proved.

For the Palfie, or shaking in the hands.

TAke Sell and Eyesill, and seeth them together, and wash thy hands therewith, and eat sage with mustard fasting.

To restore a man to Nature that is in a Consumption.

TAke the oldest Cocke you can get, scald him and draw him, & cut him al in pieces in a glasse pot, and stoppe him as fast as you can, and put amongst these peeces, cloues, mace, small reasons, and salt, and then put this glasse into a great potte, and let al these seeth together, till they be

and Gentlemen. 187

be a gelly, & then straine it into a cleane vessell, and giue it to the sicke first and last, blood warme.

To restore the Braine.

TAke powder of Bittany and vse it in your pottage, it will restore the braine, and destroy the stone.

For a perillous Cough.

TAke Sage, Rue, and Commin, and stampe them with pepper, seeth them together with hony, & thereof make an Electuary, and vse thereof a spoonefull Evening and Morning, and by the helpe of God it shall doe you good.

*For them that cannot see, and
haued eyes.*

TAke white vineger, & rub vpon a whetstone in a fair bason, and take as much salt as powder, and grind them wel together in a bason
and

and temper them with wine, and let it stand a day & a night, and put it in a violl of glasse, you must take the thinnest that standeth aboue in the bason, and put in your glasse, & when the patient goeth to bed, take a tetter. and wet therein, and annoint your eyes.

To annoint the face, and to make it white.

TAKE fresh bacon greace and the whites of egges, and stamp them together, and a little powder of bayes, and annoint your face therewith and it will make it white.

For a chere face, proued another way.

TAKE Plantine & white vinegar, and still them together & wash your face therewith fifteene dayes, morning and evening, & after this, drinke a draught of vinegar in the morning once in three dayes.

To

To make the face, white and faire.

TAke Rosemary and boyle it in white wine, and wash thy face therewith, and you shall bee faire, then take Erigan and stampe it, & take the iuyce thereof, and put it all together, and wash thy face therewith, proved.

To helpe the face with red pimples.

TAke Bay-berries, and plucke off the huskes, & make fine powder thereof, & temper it with hony, & annoynt thy face therewith sixe times, and it will helpe you.

To draw broken bones forth of the head.

TAke Bittany, Vervaine, and Rue, & stampe them all together, very smal and put thereto Rye meale, or wheat, & the white of an egge and make a plaster, & lay it to the head.

To

To quench ones thirst.

TAKE the roote of Lovege, wash it cleane, and stampe it, & temper it with water, and drinke a good draught of it five nights together, & drinke not in two howres after it.

For one that speakes in his sleepe.

TAKE Southernwood, & temper it with wine, and let the diseased drinke thereof in the morning, and when he goeth to bed.

*For a woman that hath too much
of her flowers.*

TAKE the foot of a hare, & burne it to powder, and drinke the of with red wine, and Cynamon first and last nine dayes, and it will help her.

F J N I S.



